DAILY Mirror
THE HEART OF BRITAIN
Friday, August 7, 2026
E-EDITION

Get your papers for just
£6.99
DAILY Mirror
SUNDAY Mirror
a week for
SIX MONTHS
SEE PAGE 24
New subscribers only. Terms and conditions apply.

Nadia on TV and, *right*, she speaks out

TV Nadia

I'll sue ITV over Loose Women... other stars had an easier ride

EXCLUSIVE: PAGES 6&7

EPSTEIN PAL 'THE VICTIM'

ANDREW: MY 'STALKER ORDEAL'

Mountbatten-Windsor and, *inset*, Jenkinson

Court hears evidence from disgraced ex-royal

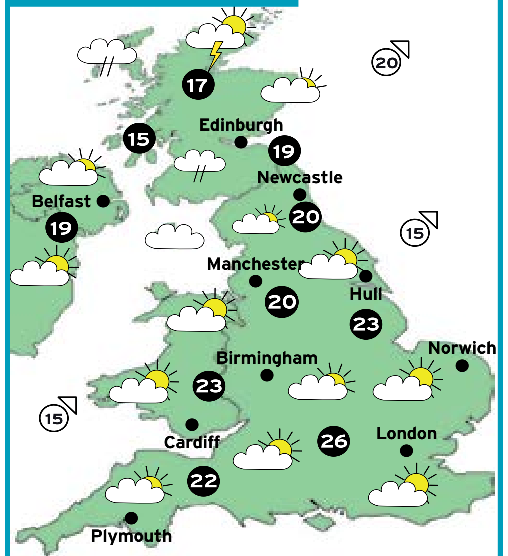
BY **JENNIFER NEWTON** Deputy Royal Editor

A BALACLAVA-clad stalker chased Andrew Mountbatten-Windsor near the disgraced ex-royal's home, a court heard yesterday.

Alex Jenkinson, 39, denies using threatening behaviour at Sandringham, Norfolk. The former duke said in a statement: "He was wearing a balaclava and began to sprint after my vehicle."

FULL STORY: PAGES 4&5

THE WEATHER



TODAY

Sunny spells across England brighten the day

England experiences mostly sunny conditions overall. Morning sees sunny intervals in the north west, becoming mostly sunny in the south east and London by afternoon. The evening remains mostly sunny across most regions.

5-day forecast

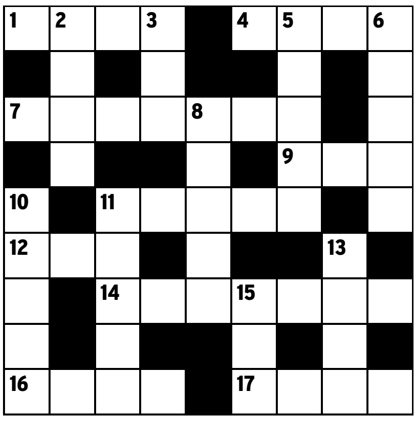
	Sat	Sun	Mon	Tue	Wed
London	☀ 28c	☀ 31c	☀ 30c	☀ 30c	☀ 33c
Newcastle	⛅ 23c	🌦 22c	⛅ 21c	☀ 22c	☀ 27c
Leeds	☀ 23c	⛅ 22c	⛅ 22c	☀ 25c	☀ 27c
M'chester	⛅ 25c	⛅ 24c	⛅ 23c	☀ 28c	☀ 30c
Liverpool	⛅ 22c	⛅ 22c	⛅ 21c	☀ 26c	⛅ 26c
B'ham	⛅ 26c	⛅ 27c	☀ 26c	☀ 30c	☀ 32c
Cardiff	⛅ 24c	⛅ 24c	☀ 24c	☀ 27c	☀ 27c
Plymouth	⛅ 23c	⛅ 25c	⛅ 25c	☀ 26c	⛅ 26c
Belfast	🌧 19c	🌦 19c	⛅ 20c	⛅ 22c	🌦 23c

Got a story? Call us free on
0800 282 591

WE PAY FOR NEWS & INFORMATION

Email *mirrornews@mirror.co.uk*
or *readerpix@mirror.co.uk*

10 MIN CROSSWORD



ACROSS
- **1** Stomp (4)
- **4** Greek god of war (4)
- **7** Medallion (7)
- **9** Afflict (3)
- **11** Stick (5)
- **12** Rose fruit (3)
- **14** Landing (7)
- **16** String instrument (4)
- **17** Tartan garment (4)

DOWN
- **2** Screech (4)
- **3** Mafia boss (3)
- **5** Rest (5)
- **6** Alexei ___, comedian (5)
- **8** Suit (2,3)
- **10** School (5)
- **11** Divided (5)
- **13** Post (4)
- **15** Writing fluid (3)

THURSDAY'S SOLUTIONS

Across: 1 Okinawa, **7** Liz, **8** Robot, **9** Icon, **10** Rasp, **13** Tower, **15** Was, **16** Cannons. **Down: 2** Kazoo, **3** Nark, **4** Web, **5** Elliott, **6** At a push, **11** Aswan, **12** Tron, **14** WBA.

THE LOTTERY

LAST NIGHT'S SET FOR LIFE: 3, 4, 5, 18, 37
Life Ball: 6. No winner of £10k a month for life.

HEALTH LOTTERY: 9, 18, 25, 40, 42. **Bonus:** 47.

WEDNESDAY'S LOTTO ROUND 1:
24, 26, 27, 39, 47, 50. **Bonus:** 8.

LOTTO ROUND 2: 12, 14, 16, 22, 29, 59.
Bonus: 58. No winner of £6.8m jackpot.

THUNDERBALL: 12, 16, 20, 21, 37.
Thunderball: 2. No £500k winner.

Bad bosses exploit system to bully says union

'Grotesque' abuse of migrant carers

HEAD IN HANDS Overseas workers can be ripped off

BY **DAVE BURKE**
Political Correspondent

MIGRANT care staff are bullied, racially abused and ripped off by ruthless bosses, says a Royal College of Nurses' report.

The RCN is urging Prime Minister Andy Burnham to use his shake-up of social care with the National Care Service to end the grotesque abuse.

The nursing union found unscrupulous employers use the visa system to treat staff badly, withhold earnings and demand huge payments for migrants to leave jobs.

It said a care worker was told they would have to pay £25,000 to quit before their contract expired.

RCN general secretary Professor Nicola Ranger said: "This report exposes the scale of grotesque exploitation taking place.

"A National Care Service meeting the needs of an ageing population with complex conditions will need to be registered nurse-led.

HARASS

"We're the ones with the skill and expertise to make it work, but not while so many of our migrant colleagues are being exploited.

"Fixing social care and changing the system that allows this exploitation, bullying and discrimination must come hand in hand."

Currently, those in the UK on a health and social care visa must be sponsored by an employer. Those who change jobs need a new sponsor and an updated visa.

The RCN wants a new umbrella organisation to administer visas, to make it easier to tackle threats from employers, and proper investigations of exploitation cases.

Prof Ranger said: "One of the major causes (of migrant worker abuse) is a visa sponsorship system which creates a dangerous power imbalance, allowing unscrupulous employers to use withdrawal of sponsorship as leverage to extort money, alter contracts, reduce pay or bully and harass with impunity.

"It's a shocking scenario which hands individual employers all the power. For years, our members have bravely spoken out and sought support against these appalling practices, but these cases are just the tip of the iceberg. Migrant workers are routinely intimidated and left fearful of speaking out."

Of the 383 cases in the report, 197 related to bosses recovering costs from staff wanting to leave before their contract ended. More than half of these clauses were over £3,000, with the highest at £25,000.

Many said they were paid less than their contracted hourly wage. In 35 cases, contracts were changed after a worker started – often to reduce pay or force longer hours.

There were 68 cases of severe bullying and harassment, with some involving racist discrimination.

It is estimated that 30% of staff in the adult care sector are non-British nationals. A government spokesman said it had zero tolerance of labour exploitation and abuse of our immigration system by unscrupulous employers and was taking action against rogue care providers.

dave.burke@mirror.co.uk

> **Fixing social care and changing the system that allows this exploitation must come hand in hand**
>
> **RCN'S PROF NICOLA RANGER**, LEFT

Minister Angela Eagle

Anger as rivers fail pollution test again

BY **GRAHAM HISCOTT**
Business & Consumer Editor

A STAGGERING 85% of England's rivers have failed a key water quality measure, the Environment Agency has revealed.

Its new test results come despite what the water industry says has been vast investment in its networks.

They have also emerged amid anger at the state of the UK's waterways, with fury over the pumping of sewage into rivers while annual bills soar.

To make matters worse, suppliers across swathes of the country have now imposed hosepipe bans.

The move has been blamed on drought – but comes amid criticism that firms have not put enough money into tackling leaks.

CHANGE

The Environment Agency's six-yearly survey found only 14.3% of "surface" waters – from rivers and lakes to canals and estuaries – had a "good" ecological rating last year.

The percentage of "good" waterways was below the 16.3% for 2019, but figures are not quite comparable.

Under tougher rules, some water bodies may have a lower status even if quality has not fallen.

But there is a yawning gap between today's figure and the 75% of waterways that are supposed to reach "good" status by next year.

Environment Secretary Angela Eagle said: "These results underline the need for wholesale change."

The agency's Alan Lovell called for "sustained improvement action" from water firms and others.

POND MEMORIES: PAGE 15

CORRECTIONS & COMPLAINTS

ipso. Regulated

■ If we have published anything factually inaccurate, please contact the readers' editor on **020 7293 3831** or write to **Readers' Editor, Daily Mirror, One Canada Square, London E14 5AP** and, once verified, we'll correct it as soon as possible.

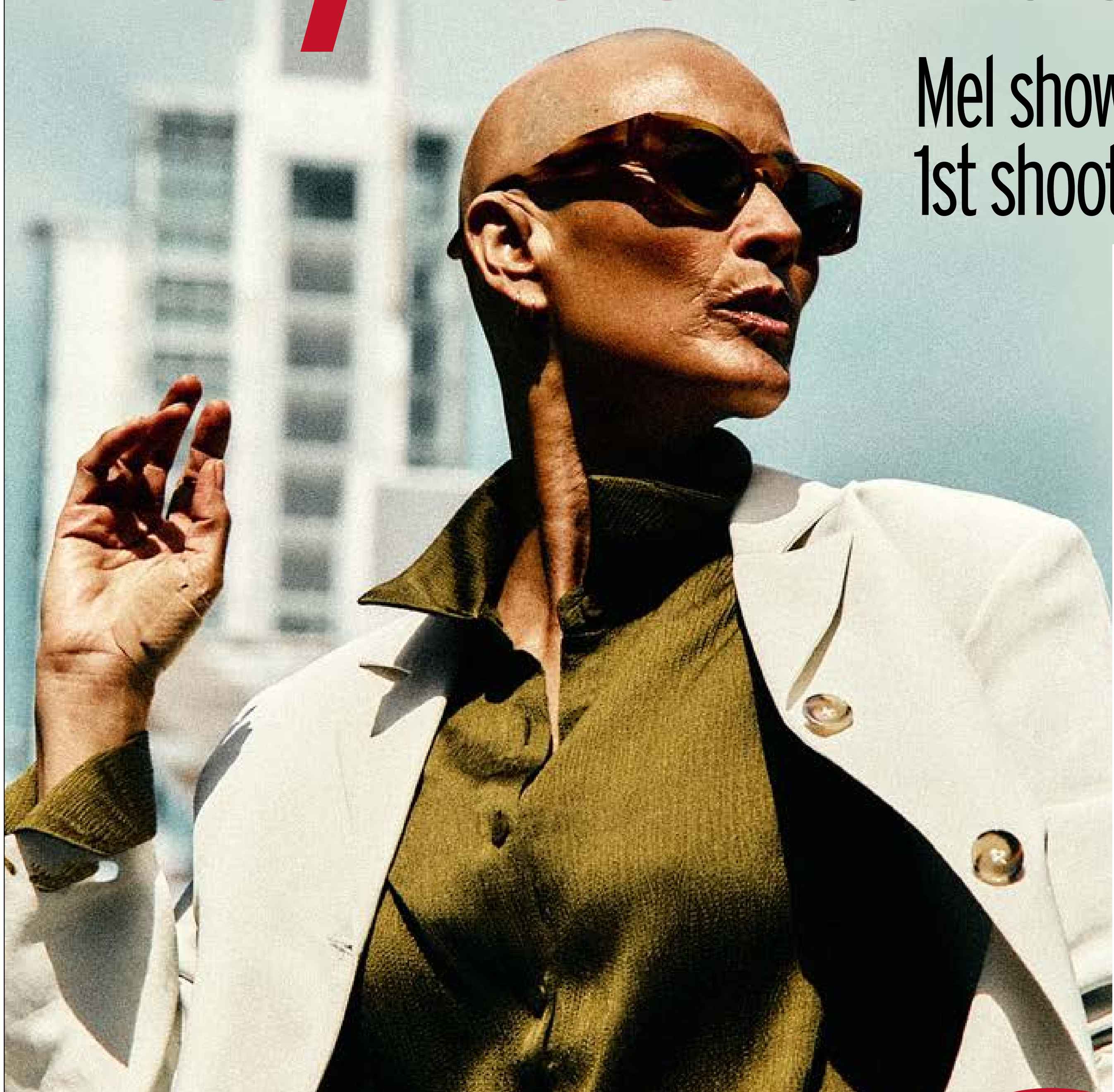
The Daily Mirror is published by MGN Ltd, a subsidiary company of Reach PLC, which is a member of **IPSO**, the Independent Press Standards Organisation. We adhere to the Editors' Code Of Practice as enforced by **IPSO**, which is contactable for advice at Independent Press Standards Organisation, Gate House, 1 Farringdon Street, London, EC4M 7LG Website **www.ipso.co.uk** Telephone: **0300 123 2220**, email **advice@ipso.co.uk** If you have a complaint concerning a potential breach of the Code of Practice, we will deal with your complaint directly or **IPSO** can refer your complaint to us. Please go to **www.reachplc.com/how-to-complain** where you can view our Complaints Policy and Procedure.

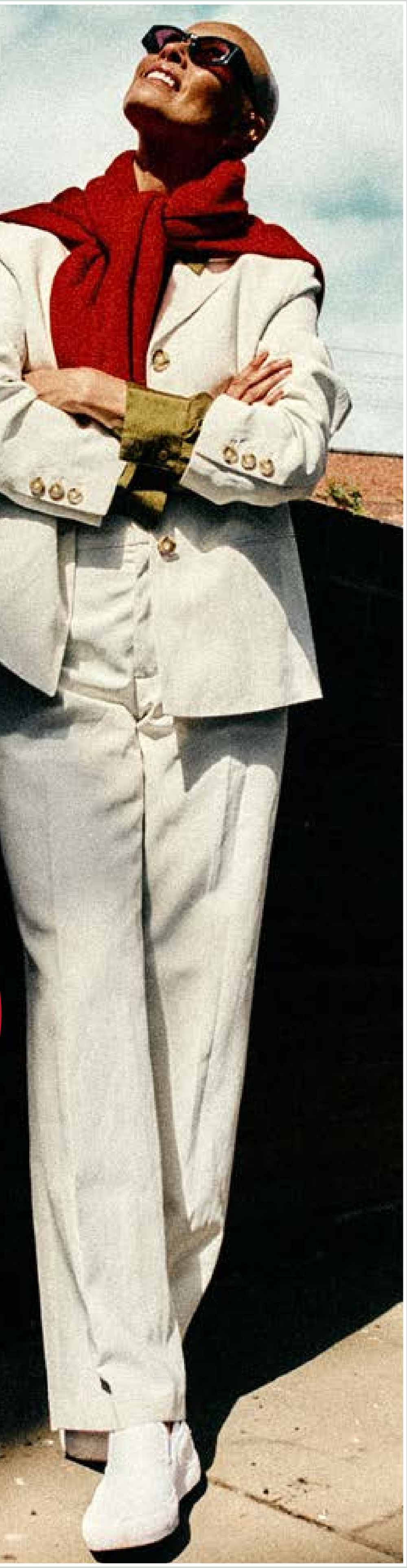
A How To Complain pack is also available by writing to the **Complaints Department, Reach PLC, One Canada Square, London E14 5AP**.

Get your papers for **£6.99** per week for 6 months. Call **0345 149 4848** or visit **mirror.reachsubs.co.uk**

A Sykes for sore eyes

Mel shows off shaved head in 1st shoot since alopecia news





Star in a 1990s Boddingtons ad

Mel discussing her hair loss

BY **YASMIN VINCE**

MELANIE Sykes looks several shades of cool in a suit and sunglasses in her latest photoshoot – her first since she went public with her alopecia battle.

The 55-year-old showed off her striking new look, posing in the Northern Quarter of her hometown of Manchester, after shaving her head earlier this summer.

In one picture she beamed up at the sun as she wore a pair of Cubitts sunnies for the modelling campaign.

The former Today With Des and Mel host, who was the face of Boddingtons Bitter in the 1990s, recently told how she had lost two thirds of her hair due to alopecia, an autoimmune condition that she revealed she suffers from last year.

She told fans: “Every time I say I’m bald I laugh, I don’t know why... Thank God I can laugh.”

mirrornews@mirror.co.uk

MINNIE CRASH

BY **JASMINE ALLDAY**

Crumpled Kia

Minnie posted video in a neck brace

HOLLYWOOD star Minnie Driver is "so grateful to be alive" after a car accident.

The actress said she was with pal and fellow actor Ben Homewood when their Kia and another car crashed at an intersection on a country road in France.

The pair were taken to hospital, with Minnie, 56, suffering a sprained neck. She posted a video back in the UK in a protective blue neck brace.

The Good Will Hunting star told fans: "The 360 degree airbags are what saved our lives. We've got families and people that love us. And I am so grateful to be alive.

"I've got a sprained neck and I'm really in shock and cry all the time, but I'm going to heal."

EURO MILLIONS
It could be you
£94 Million*
Tonight
Play on app
*Estimated Jackpot. Account Terms, Rules & Procedures apply. Players must be 18+.

COURT HEARS

Alex Jenkinson and dog outside court yesterday

MAN, 39, 'CHASED' FORMER DUKE

He was wearing a balaclava face covering... he began to sprint towards my vehicle

Mountbatten-Windsor on Sandringham 'stalker'

Ex-prince Mr Mountbatten-Windsor in April

BY **JENNIFER NEWTON**
Deputy Royal Editor

ANDREW Mountbatten-Windsor said he came face-to-face with an alleged balaclava-clad stalker who chased him in a confrontation near his Sandringham home, a court heard yesterday.

Alex Jenkinson, 39, is charged with using threatening, abusive or insulting words or behaviour towards the King's brother on May 6.

Suffolk Police are also applying for a Stalking Protection Order against Jenkinson, relying on evidence from Mr Mountbatten-Windsor and searches on Jenkinson's phone.

SECURITY

Deputy Chief Magistrate Tan Ikram read out parts of the ex-royal's witness statement at Westminster magistrates court. It is due to form the centrepiece of both proceedings.

Mr Mountbatten-Windsor said he was out for a walk with his dogs on the Norfolk estate when he spotted a car, which he assumed belonged to press photographers. He said he and his security detail then drove past the car. He said a man "turned and faced me. He was wearing a balaclava face covering".

Mr Mountbatten-Windsor provided a description of the "out-of-place" man, and added in his statement: "I then saw a loose dog running towards him. Then he realised who I was and began to sprint after my vehicle."

Ex-royal's Marsh Farm home at Sandringham

Jenkinson was blocked from entering the court building by officials after he arrived with his dog, Indie, and the hearing took place in his absence.

His lawyer, Claire Howell, told Judge Ikram: "He has had to bring his dog with him, so he wasn't allowed inside the court. He is homeless and currently in accommodation in a Travelodge. He is not allowed to leave the dog there. It provides him with support, he suffers from ADHD."

She added she had no documents to prove Jenkinson's medical condition, or his need for a support animal, but the judge told her: "I'm not prepared to have a dog in the courtroom simply because he is homeless and he happens to keep a dog. I'm not saying he is not telling the truth, but there's nothing to corroborate it. We accommodate people who have ADHD and have support animals."

The judge agreed an application for the SPO case to be adjourned, and decided the hearing could take place in Jenkinson's absence.

Ms Howell told the court Jenkinson has now been found temporary accommodation where he can leave the dog for future hearings.

She added: "I don't want to give character evidence on behalf of the dog, but having spent the last hour-and-a-half with him, I can say he is very well-behaved."

Jenkinson is accused of causing the former Duke of York to "fear unlawful violence" during the confrontation in Wolferton, close to his Marsh Farm property. Jenkinson was detained under the Mental Health Act for around a month afterwards. He pleaded guilty to failing to provide a specimen of blood while in custody.

He denied the public order offence against Mr Mountbatten-Windsor and a further charge of using threatening, abusive or insulting words or behaviour to cause fear or provoke unlawful violence against another man, Stephen Terry, on May 5.

Andrew was due to give evidence by video link at the trial, which has been set for December 21.

Jenkinson, from Stowmarket, Suffolk, was also fighting the making of the SPO. Judge Ikram ruled Mr Mountbatten-Windsor and Mr Terry must give evidence at the hearing.

He said: "Fairness demands [Jenkinson] be allowed to call and cross-examine these witnesses."

Evidence from Jenkinson's phone, including alleged searches on the former Duke of York, Sandringham and 'weapons', is due to feature in the trial, the court heard last month.

CONTACT

In the criminal proceedings, Jenkinson is on bail with conditions not to go near a number of sites linked to the Royal Family. He must also not try to contact Mr Mountbatten-Windsor directly or indirectly, approach him, or enter Norfolk.

Judge Ikram extended the interim SPO against Jenkinson and set a pre-trial hearing at Loughborough magistrates court for January 22.

Mr Mountbatten-Windsor was stripped of his royal titles and honours in 2025 by the King over his connection to the late paedophile financier Jeffrey Epstein, but vehemently denies any wrongdoing.

jennifer.newton@mirror.co.uk

TV BOMBSHELL AS LOOSE WOMEN

Show rows never as nuclear as this before

TOM BRYANT
ASSOCIATE EDITOR (SHOWBIZ)

WHEN it comes to behind the scenes drama, Loose Women has always been a cut above the rest.

A revolving panel of very forthright presenters paid to be opinionated means it's no surprise things get messy from time to time.

But nuclear like this? Never. According to the legal organisation representing Nadia, the broadcaster "subjected Nadia to direct discrimination, indirect discrimination and harassment because of her protected philosophical beliefs".

That's some list of alleged misdemeanors. And while there wasn't "total surprise" at the fact she has gone legal, there is a "weariness about the whole thing", according to insiders.

One source told me: "The show is already very bruised with all the cut-backs, and the programme being reduced to just 30 weeks a year, and the atmosphere isn't the greatest. This is the next drama they will have to try and navigate. It could drag on for a long time."

GRAPPLED

Insiders say that it's a particularly tricky situation as Nadia is broadly well liked on the show and is "part of the furniture."

The source added: "The last few months have been very hard as they have grappled with this. In some ways her going legal will finally draw a line under the matter."

Currently ITV has looked to circumvent any complaints by reassuring viewers Nadia is an "independent commentator and freelance panellist on Loose Women". It has previously said: "Any views shared by Nadia on her social platforms are her personal opinions and do not represent or reflect the views of ITV."

But my source says: "The freelance argument doesn't really wash with viewers... they see her as an ITV Loose Woman, full stop."

One thing is for sure: the row is not good for business.

ITV Daytime rely on regular advertisers and family-friendly brands, and any potential legal action has the potential to go down very badly.

Expect this one to rumble on... and on.

> After I began speaking publicly in support of Palestine in December 2023, I became the target of an escalating campaign of complaints, hostile coverage and targeted calls to have me removed from Loose Women

"WHY HAVENT I SEEN YOU ON LOOSE WOMEN FOR AGES?"
Nadia Sawalha
itv

She teased video vowing to tell all earlier this week

EXCLUSIVE

BY **TOM BRYANT**
Associate Editor (Showbiz)

NADIA Sawalha's ITV colleagues risk being dragged into her Loose Women legal row.

The 61-year-old yesterday revealed she had sent a pre-action legal letter to the channel accusing them of dropping her over her views on Palestine.

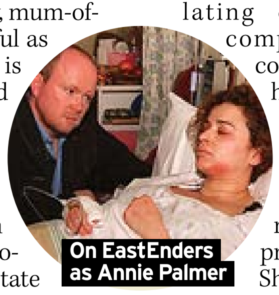
And it has emerged that her lawyers wrote to ITV claiming: "Nadia was treated less favourably than other ITV presenters who faced significant public complaints."

The European Legal Support Center – which supports pro-Palestinian cases – representing Nadia, refused to comment to the Mirror about which ITV stars they were referring to or if they have been named in the letter. But they said it raised "serious concerns about equality in the workplace and the treatment of those who speak out for Palestinian rights".

Speaking yesterday, mum-of-two Nadia grew tearful as she told how "enough is enough" and vowed she would not be "bullied into silence".

Along with the legal bid, she launched a petition calling for ITV to apologise publicly and reinstate her which has already garnered more than 20,000 signatures.

In an emotional video shared on Instagram, Nadia said: "I want to say how sad I am that it's got to this. Believe me, I have appealed to ITV's hearts and minds, but to no avail. After I began speaking publicly in support of Palestine in December 2023, I became the target of an escalating campaign of smears, complaints, hostile media coverage and targeted calls to have me removed from Loose Women."



On EastEnders as Annie Palmer

The panellist accused ITV of "forever changing the goalposts" and that she was removed from the programme last month.

She said: "They couldn't guarantee they wouldn't take me off again, as it would depend on what was said, even though I'm hired for being an opinionated woman on a discussion show and I've never brought up or spoken about Palestine directly on the

STAR MAKES SHOCK ALLEGATIONS

I've been bullied out of my job

Nadia Sawalha hits out as she threatens ITV with legal action

With husband Mark Adderley & children Kiki and Maddy in 2018

Christine Lampard, Judi Love, Nadia, Jane Moore on show in April

On Loose Women with Kaye Adams in 2019

show. This is the tip of the iceberg of what's been happening."

Nadia's critics have accused her of promoting false claims and conspiracies about Israel and Jewish people.

A group of Jewish entertainment executives also sent a letter to ITV, urging it not to reinstate her, citing what they called "repeated examples of conspiratorial rhetoric, inflammatory commentary, disinformation, and anti-Semitic discourse".

Nadia said she had not seen the letter but has denied anti-Semitism.

The presenter said she launched the petition with the aim of showing there are "many more people with us than against us".

She added: "It's not just me that has been targeted like this from my beliefs. There are the teachers, doctors, nurses, charity and supermarket workers, and students who have also spoken according to their conscience and have suffered a similar fate as me. Enough is enough.

"We need to send a clear message to ITV and other groups and corporations that we won't be scared into silence, and no one should be bullied out of their job for following their conscience and speaking out against brutal oppression."

Her lawyers said in a statement that their pre-action letter alleges that: "ITV subjected Nadia to direct discrimination, indirect discrimination and harassment because of her protected philosophical beliefs, namely her anti-Zionist beliefs, which are protected under the Equality Act 2010." They added: "Nadia, who has been one of Loose Women's most popular presenters for more than two decades, was taken off air after coordinated complaints and media pressure from Zionist groups relating to her social media posts."

ITV stated that it was "not making a judgment" about Nadia's views but confirmed that complaints and press enquiries about her posts formed the basis of its decision.

Earlier in the week, Nadia vowed to tell her fans everything about why she is no longer making appearances on the Loose Women panel.

She teased a clip of her ITV pass with the caption "Why haven't I seen you on Loose Women for ages".

Initially, she was going to release a video about it on Wednesday but delayed until yesterday. She explained this was "due to legal reasons". In the video promising to reveal why she had been absent from the show for months, Nadia told a fan in the comments: "I will be telling the whole story. It's pretty unbelievable."

ITV has declined to comment.

Nadia joined the ITV show in 1999 as one of the original panellists alongside Kaye Adams, Jane Moore and Karren Brady. She took a maternity break in 2002 and returned in 2013.

She is also known for playing Annie Palmer on EastEnders in the 1990s.

The legal complaint comes as Loose Women has suffered massive budget cuts, with the show only on 30 weeks a year.

tom.bryant@mirror.co.uk

VOICE OF THE DAILY Mirror

Far-right a real threat

THE increase in people – a third of them children under 15 – being reported to Prevent, the government's anti-terrorism scheme, is deeply troubling.

But drilling into the figures reveals a picture of British extremism that, to many, will be a surprise. If you listen to Nigel Farage or his Mini Me, Matthew Goodwin, you might come away with the impression that the most dangerous and violent threats in the UK were "radical left" and Islamic extremists.

Yet 20% of the total were reported over far-right extremist ideologies – twice as many as links to Islamic extremism.

Just 0.3% related to left-wing extremism. It's a worrying illustration of how the far right has been allowed to fester and grow in Britain.

For years, we've been told people are afraid to identify extremism for fear of being branded racist. Perhaps we've also grown afraid to call out racism where we see it.

Deadly lesson

THE hottest summer on record is having a devastating impact on Britain's wildlife and its countryside habitats.

Beautiful Dunwich Heath, in Suffolk, is now scorched black. A home for deer, birds and butterflies reduced to ash by a wildfire that ripped through the National Trust reserve.

Some animals escaped in time, but many were too small or slow. And nobody can say if or when the landscape will recover.

Even strict fire prevention measures weren't enough to slow down the 130ft flames.

Many people struggle to get angry about climate change, because it's hard to imagine the impact it will have on future generations.

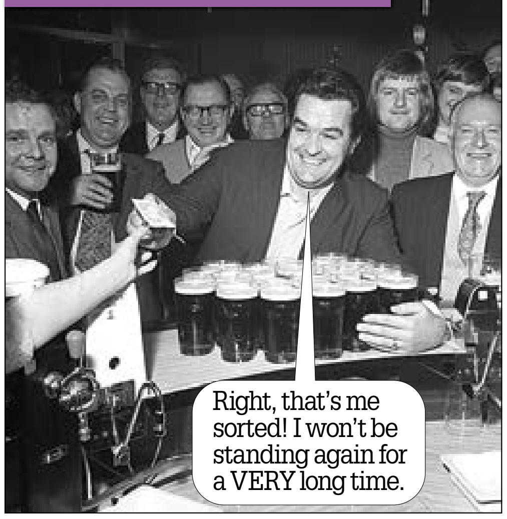
Now, no imagination is necessary.

Bar humbug...

MISERYGUTS Tories in London want to ban standing up and ordering at the bar.

What next? No drinking? No talking? No arguing over who the best Bond was? As our hospitality industry struggles to stay afloat, wouldn't this effort be better spent making it a crime to leave when it's your round?

NO STANDING AT THE BAR...


Right, that's me sorted! I won't be standing again for a VERY long time.

Trafalgar flag stays in UK after £700k drive

A UNION Jack from the Battle of Trafalgar is to stay in UK hands.

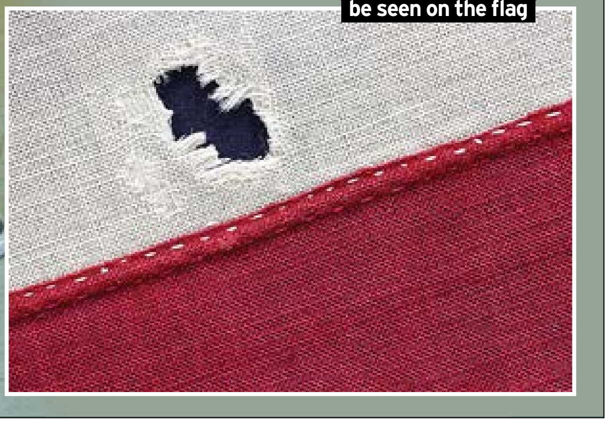
It flew on HMS Royal Sovereign, flagship of Vice-Admiral Cuthbert Collingwood, second-in-command to Lord Horatio Nelson in 1805.

It had been due to be sold outside Britain but a £700,000 fundraising drive will keep it on public view. The battle-scarred ensign will go on show in the Discovery Museum in Newcastle – the home city of Collingwood and many of his crew.

Susan Collingwood-Cameron, his great-great-great-niece, said: "It will be a tribute to them, and the important role they played in one of our greatest moments."

The National Heritage Memorial Fund gave £400,000 to help buy and conserve it – North East Museums are raising the rest. Only two other flags survive from the battle.

PIECE OF HISTORY Keith Merrin, director of North East Museums, with Trafalgar flag



Battle damage can be seen on the flag

Child's pay

30% rise in cost of school uniforms despite guidelines

BY **JEREMY ARMSTRONG**

PARENTS are facing a 30% rise in the cost of school uniform, according to research.

The nationwide study of costs found that the average yearly spend climbed to £141.15 in 2026, up from £108.59 in 2025.

The £32.56 increase per child will further strain family finances, according to the money-saving site MyVoucherCodes.

More than half of parents (57.9%) say they will have to spend even more on uniforms over the academic year, with £129.09 to cover replacements, growth spurts and seasonal changes.

Strict school policies drive costs – 73% of parents are still forced to buy expensive branded uniforms despite government guidance.

In April, the government pledged that the Children's Wellbeing and Schools Act would cut costs.

From this September, schools will be required by law to cap the number of branded uniform items at three, excluding ties.

However, one mum wrote on the Mumsnet online forum that her child's school had added branded items to the uniform list despite guidelines.

She said: "I currently buy and have enough hand-me-downs from a sibling for him to wear fresh every day. Then I do the laundry at the weekend. I am totally against this, there's no particular reason for the change.

"It's just so so expensive so I would only buy one or two of said items, which means that I then will have to do laundry midweek! I work full-time."

The school coat, with an average spend of £42.49, is the most expensive item for parents, according to the study. School shoes average £41.31.

The research found the single most common saving tactic was taking advantage of supermarket multi-buys. They were used by almost half of all savvy parents looking to stock up on essentials such as shirts, skirts, and trousers for less.

A MyVoucherCodes spokesperson said: "A 30% cost jump puts intense pressure on families, especially when most are still forced to buy branded items. More must be done to keep uniforms affordable."

The Department for Education urges schools to limit branded items. It states: "School uniform should help to build a sense of identity and community among pupils.

"To do this, it must be affordable.

"All branded items should be kept to a minimum."

jeremy.armstrong@mirror.co.uk

Brand-free items can save expense

£41

The average price for a pair of school shoes

£141

Parents' yearly spend has increased by more than £32 since last year

Kid on social media at night

Teens 'set to opt out of online curfews'

BY **SOPHIE HUSKISSON**
Political Correspondent

MOST teenagers plan to switch off a voluntary overnight social media curfew which is due to come into effect next spring, polling suggests.

Those aged 16 and 17 face an automatic block from accessing platforms from midnight to 6am.

But a poll found 84.6% of 16-to-18-year-olds said they would opt out of the proposed curfews.

Almost half (45.2%) said they would switch off the curfew to allow them to speak to family or friends, while more than a third (37.2%) said they'd do so to watch online content.

CONTROL

Former PM Keir Starmer introduced online curfews and restrictions on addictive design features to help prevent a cliff edge when children turn 16 and the upcoming under-16 social media ban lifts.

But ministers said the measures would be voluntary to strike a balance between giving older teenagers greater safeguards while still allowing them to control their settings.

Asked about their social media habits, almost four in 10 (39%) 16-to-18-year-olds said they use it between 9pm and 11pm, while more than a third (35%) continue between 11pm and 1am.

Leanne Proctor, of the Online Responsibility Network, which organised the poll, said: "This research suggests the proposed social media curfew is unlikely to be enough on its own to prevent online harms."

A government spokesman said: "We're providing strong protections by default while giving 16- and 17-year-olds the ability to decide whether those fit their circumstances."

What's funny about rape and murder?

Victim Meredith Kercher's sis blasts Knox comedy show

Amanda Knox on stage at a comedy club in the US

Stephanie and *below* with sister Meredith

“

This isn't just hurtful to family and friends ... this normalises & trivialises violence against women

SALLY ALINGTON WHO SET UP PETITION TO CANCEL SHOW

BY **JANE BRADLEY**

THE sister of murdered student Meredith Kercher has backed a petition calling for the Edinburgh Fringe to cancel a show by Amanda Knox.

Stephanie Kercher said she "could not fathom" how rape and murder could be the subject of a comedy gig.

A petition launched by a friend of the Kercher family claims that Amanda's show – which is being performed at Gilded Balloon's Teviot venue – turns Meredith's horrific ordeal into entertainment.

Ms Knox, 39, was convicted of murder in 2009 before she was acquitted two years later.

Ms Kercher blasted: "Imagine 20 years after Meredith's death, your pain is turned into someone else's laughter.

"My sister's tragedy is being used to debut a comedy show this weekend in Edinburgh of all places by the very person who was questioned and taken into the legal system by Italian prosecution.

"I'm very aware in high-profile cases everyone has their opinions on guilt and innocence and I also agree with freedom of speech.

"However, when someone is still using Meredith's name to support themselves and when a comedy is linked to an individual case and person, I cannot fathom how rape and murder can be laughed about."

A spokeswoman for Ms Knox defended the performance, saying the petition made "false assumptions and mischaracterises the show".

PETITION

But Sally Alington, who has known the Kercher family since before 21-year-old Meredith's death in Perugia, Italy, in 2007 started a petition on Change.org.

It calls on the Gilded Balloon venue and the Edinburgh Festival Fringe to withdraw Ms Knox's show Cartwheel – billed as stand-up comedy with "adult" themes, which is centred around the case.

The petition, called Stop the Amanda Knox "Cartwheel" performance at the Edinburgh Fringe, had nearly 5,000 signatures by last night ahead of Ms Knox's show debuting this weekend.

In an interview earlier this week, Ms Knox said she believed her former flatmate would have found the show "funny".

Now living in rural Washington State with her husband and two children, she defended the show, which she said was about her wrongful imprisonment.

Ms Kercher added: "Meredith was a very clever and witty person and loved by so many for those very reasons.

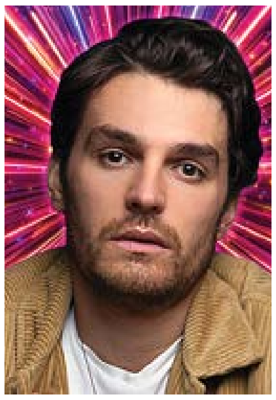
"She absolutely would not find comedy surrounding these issues funny and I believe this goes against everything that inspirational women are still fighting for."

Ms Alington said: "This isn't just wholly inappropriate and hurtful to family and friends of Meredith, this goes far beyond that. It normalises and trivialises violence against women."

Gilded Balloon said it had no comment beyond a statement given last month defending the show.

It said: "We provide a platform for a wide range of voices, in line with the Fringe's long-standing commitment to freedom of expression."

mirrornews@mirror.co.uk



Actor Lawrence Robb

Dale Mack is having a crack at ballroom

BY **YASMIN VINCE**

EMMERDALE star Lawrence Robb has signed up for the next series of Strictly Come Dancing.

Lawrence has played Mackenzie "Mack" Boyd in the ITV soap for six years, featuring in storylines including affairs, kidnap and murder.

The 34-year-old actor said: "I don't know who's more excited about this, me or my mother.

"I can't quite believe that I am going to be getting my dancing shoes on.

"It's a dream come true, and I can't wait to bring my all to the ballroom.

"Wish me luck, and any advice is very welcome – trust me I'll need it!"

CHANGE

Lawrence is the 12th celebrity to be announced for the BBC series, which launches next month.

He will line up alongside fellow soap star Lacey Turner, who plays Stacey Slater in EastEnders.

Others confirmed to appear include sports stars Sarah Storey and Shaun Wright-Phillips, actresses Bethany Antonia and Jaime Winstone, and Love Island winners Cach Mercer and Dani Dyer.

TV dog expert Graeme Hall, celebrity hairstylist Chris Appleton, Big Brother host Will Best and Australian singer Delta Goodrem have also signed up for the show.

It is a year of change for Strictly, with hosts Claudia Winkleman and Tess Daly stepping down.

They will be replaced on presenting duties by Emma Willis, Josh Widdicombe and former pro dancer Johannes Radebe.

Professional dancers Gorka Marquez, Karen Hauer, Nadiya Bychkova, Michelle Tsiakkas and Luba Mushtuk have also departed the show.

TERROR REFERRALS HIT A RECORD HIGH

» Surge in cases for Prevent after Southport killings

» Far-right views double the rate of Islamic extremism

PURE EVIL

Killer Axel Rudakubana

BY **DAVE BURKE** Political Correspondent

THE number of people flagged to the government's anti-terrorism scheme rocketed 39% in a year to a record high, with one in five reported over fear of extreme right-wing ideology.

Prevent received 10,293 referrals about 9,957 people in the 12 months to September 2025.

This was up from 7,279 a year earlier.

And, alarmingly, the Home Office figures also show more than a third of referrals related to children aged 11 to 15.

Some 20% of all referrals were in relation to extreme right-wing ideologies – more than double those linked to alleged Islamic extremism.

The spike in referrals may be linked to increased awareness of Prevent after it came under fire following the Southport murders in July 2024.

It emerged 17-year-old Axel Rudakubana – who murdered Alice da Silva Aguiar, nine, Bebe King, six, and Elsie Dot Stancombe, seven, and tried to kill eight more children and two adults – was referred three times to Prevent.

His teachers warned three times that Rudakubana, then 13 and 14, was obsessed with violence, but each time the case was closed due to a lack of an identifiable motive.

The new data also showed that in 56% of cases the person had no fixed ideology attached.

Disturbingly, more than 400 were flagged because of a "fascination with extreme violence or mass-casualty attacks". Security Minister Dan Jarvis said: "The record number of referrals to Prevent and the increase in the threat level underlines the scale of the challenge we face in protecting the public from terrorism."

The figures also revealed nine in 10 of those referred were male, while 68% of cases where ethnicity was recorded were white, alongside 18% Asian, 8% Black and 7% classed as other. There was a rise in the number of cases escalated, with 1,810 people adopted as a Channel case – meaning they were identified as a higher-level threat.

Extreme right-wing ideologies accounted for 756 of these cases, while concerns about Islamic extremism were behind on 212. Prevent is an early-intervention programme designed to steer people away from terrorism.

Last year, a review by Lord David Anderson said it must focus on changing people obsessed with extreme violence, even if there is no evidence of an ideological motive.

The data shows 6,000 people have been diverted away from terrorism since 2015. Mr Jarvis said: "The statistics also show the crucial role the programme plays in keeping the public safe, with more than 6,000 people moved away from violent ideologies that could have resulted in harm to themselves or others.

"We will continue to improve Prevent to ensure it has the tools it needs to do its job of stopping people from becoming terrorists. We all have a role to play in keeping each other safe and spotting the signs of radicalisation."

dave.burke@mirror.co.uk

VOICE OF THE MIRROR: PAGE 8

39%
jump in overall referrals to Prevent

9,957
people referred in 12 months to September 2025, up from 7,279 a year earlier

1/3
of referrals related to 11- to 15-year-olds

20%
of referrals over 'extreme right-wing' ideologies – double those for alleged Islamic extremism

400
were flagged because of a 'fascination with extreme violence or mass-casualty attacks'

> "We all have a role to play in keeping each other safe and spotting the signs of radicalisation
>
> **DAN JARVIS**, RIGHT, SECURITY MINISTER ON TERRORISM

Stand up for pub culture

» Outcry at plans to ban ordering at bar

» Council crackdown on 'vertical drinking'

Westminster is targeting crowds outside pubs

BY **ANDERS ANGLESEY**

A PROPOSAL to stop punters standing at the bar in hundreds of pubs has caused outrage.

Westminster Council, which enforces licensing rules in Soho and the West End, is consulting on a ban against ordering at the bar, as well as cracking down on what it calls "vertical drinking".

Pubs that apply for a licence could be subject to conditions that include requiring drinks to be served by a waiter or waitress, instead of at the bar.

The Tory council reportedly wants to crack down on groups of drinkers standing outside its 400-plus pubs.

Critics have condemned the idea, which they say could spell an end to the traditional stand-up chat over a couple of pints.

The Mayor of London, Sir Sadiq Khan, hit out at what he called "restrictive and anti-growth policies" and said he wanted to use new powers to stop councils from over-reaching.

Others say the move would undermine the strong pub culture in the area, which is popular for after-work drinks and pre-show pints, and deal a blow to struggling businesses.

> **"Encouraging policies that favour more seating risks changing the very character of these venues**
>
> **MICHAEL KILL** NIGHT ECONOMY CAMPAIGNER

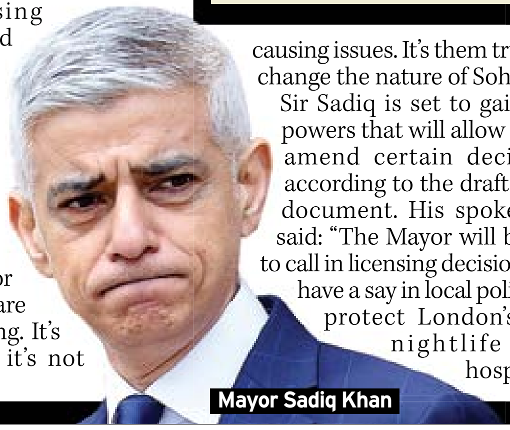
The draft licensing policy is understood to say that pubs should "discourage excessive drunkenness and encourage the provision of more seating in premises that serve alcohol for people to sit and enjoy a drink and order food by table service in place of open bar space that caters for high volume vertical drinking".

The chief executive of the Night Time Industries Association, Michael Kill, said: "Standing in pubs has always been part of Britain's pub culture. It's how people meet friends, watch live sport, wait to be served and enjoy the unique atmosphere that pubs have provided for generations.

"Encouraging policies that favour more seating and reduced standing space risks changing the very character of these venues while reducing capacity, increasing operating costs and limiting flexibility."

A spokesman for the Soho Business Alliance said: "I think they're trying to reduce the capacities in these venues.

"It's been like this for years, where people are standing and drinking. It's not causing crime, it's not causing issues. It's them trying to change the nature of Soho."



Mayor Sadiq Khan

Sir Sadiq is set to gain new powers that will allow him to amend certain decisions, according to the draft policy document. His spokesman said: "The Mayor will be able to call in licensing decisions and have a say in local policies to protect London's vital nightlife and hospitality industries."

Westminster is also reportedly considering preventing new pubs from opening. The draft policy says: "The council will normally refuse any application made in respect of a premises located in the West End Cumulative Impact Zone that is a pub or bar."

The council said it wanted to promote a range of venues "less dominated by alcohol-led activities".

Tory councillor Timothy Barnes said: "Our guidance is simply about encouraging venues to manage their customers so people don't pack on to pavements or excessive drinking doesn't disturb others passing by."

Paul Swaddle, Westminster council's Tory leader, said there was no plan to stop "vertical drinking".

He added: "Growth is central to everything we are doing. That means backing our hospitality sector, not making things harder. We approve well over 98% of licence applications."

mirrornews@mirror.co.uk

VOICE OF THE MIRROR: PAGE 8

PINTS OF VIEW Friends chat while waiting to order

Boss: This will really finish us off

THE consultation to ban "vertical drinking" was criticised on the streets yesterday.

Lesley Lewis, the owner of Soho's famous French House pub and dining room, said it could lead to loss of business, closures and redundancies.

Ms Lewis, 71, who has owned the business for 37 years, said: "It will really finish us off. We rely on those people standing up with the rents and the rates put upon us. People want to enjoy themselves in Soho, they want to have a drink outside, they want to dance, they don't want to sit down and just be where they are, they want to meet people and chat.

"I don't think people will come to Soho if it's that sanitised, it'll kill it. It's always had that little bit of naughtiness.

"Our restaurant might survive, but the bar supports the restaurant. I know a lot of people will be made redundant. It's the same across the board for anybody like us. We shall have to fight it on all fronts."

Lesley, *top*, and Russell

Businessman Russell Lempa, originally from Australia, said the whole idea was ridiculous.

He said: "I think it's part of the British culture. You get some great ideas when you're outside, standing around, having a chat. It's a lovely day, and you only get about four or five months of it."

Now Big Brother is coming for the boozer

PAUL ROUTLEDGE

"EXCUSE me, could I get to the bar?" That is the polite way of putting it.

Faced with a grudging row of backs, there are other, more pithy, ways of saying it. At your peril.

But this is part of the traditional theatre of drinking. And the hero of the play is the barman who knows you're trying to catch his eye.

Westminster City Council killjoys want all this to stop. Officials insist that we must "kindly leave the bar!" and sit at a table while waiters bring us a thimbleful of expensive, inferior pinot grigio.

They don't like us standing around with our mates, chewing the fat, one elbow on the counter and one foot on a brass rail to prevent altitude sickness.

HONEST

This has to be a rallying cry for all drinkers – men and women – who like to imbibe as we have always done: We must Stand Up for Vertical Drinking.

That's what the Great British Bar is all about. If God had meant us to park our backsides while talking out of them, He would not have invented the public bar.

It is the only place where the world is put to rights every night, and most decent lunchtimes, by people on their hind legs talking the most ineffable rubbish.

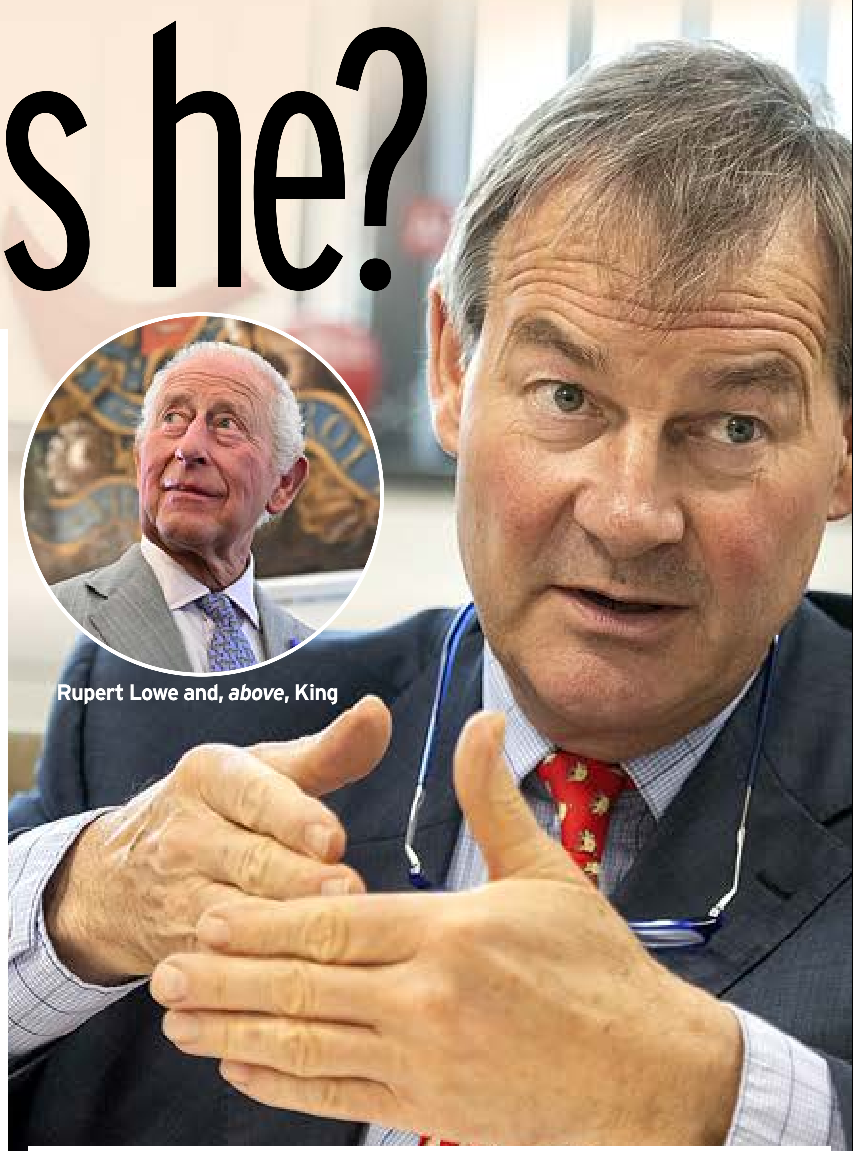
Perpendicular proximity is everything. You can't have a close-quarter engagement about the price of beer (outrageous, innit?) across a cocktail table while waiters hover over your shoulder.

That's not to say I have anything against horizontal drinking, having seen MPs in the Strangers' Bar of the House of Commons engage in this hilarious ninety-degree shift from the vertical.

London's Mayor, Sir Sadiq Khan, has rightly condemned Westminster Council's Big Brother assault on the honest British boozer. All power to his elbow, so to speak.

Meanwhile, could you just shift a bit while I order a pint of Boltmaker?

Is King Charles a white Briton?... well is he?



Rupert Lowe and, *above*, King

Rupert Lowe skewered by Robinson over 'race claim'

BY **ABBIE LLEWELYN**

RESTORE Britain leader Rupert Lowe yesterday declined to say whether he thinks the King is a "white Briton".

It comes after Mr Lowe said "white Britons will become a minority by 2063" in a video in which he offered to work with Nigel Farage's Reform UK.

The BBC's Nick Robinson told Mr Lowe that the forecast he referred to defines a white Briton as someone whose parents were both born in the UK, and pointed out that Prince Philip was born in Greece.

Mr Robinson asked: "Are you aware that, by the definitions used in that report, King Charles is not a white Briton? Do you think he is a white Briton?"

Mr Lowe replied: "Well, many people have different interpretations of that, Nick. I mean, we can split hairs."

But Today programme host Mr Robinson told him: "We're not splitting hairs, do you think the monarch of this country is a white Briton?"

Mr Lowe then criticised the Radio 4 show and claimed: "It is a fact that, by 2063, white British people will be a minority on current trends."

Presenter on the air for Today

> **Are you aware, by the definitions used... King Charles is not a white Briton?**
>
> ROBINSON ON TODAY SHOW

Mr Robinson said: "What I was putting to you is that the basis of that forecast, which is widely disputed, is that you're only called a white Briton if both of your parents were born in this country.

"So, because Prince Philip was born in Greece, King Charles is not, under your definition, treated as a white Briton."

Mr Lowe replied: "I did come on to speak about the economic paper we've just put out, and about the issue with Nigel Farage. So look, please move on to another question."

mirrornews@mirror.co.uk

A win with every spin is More to Value.
Free bakery item daily
Bakery Spin
Tap the green button to spin
The Grocer Gold Awards 2026 WINNER Technology Initiative of the Year
Plus
More to Value.

Shop and scan Lidl Plus between 30/07 – 19/08‡ to play Bakery Spin

One spin per customer per day. Prizes are free bakery coupons only. Promotion opens 06:00AM on 30.07.2026 to 11:59PM on 19.08.2026 inclusive (Promotional Period). You have 7 days to play the game after purchasing at least 1 item (Spin Period), which is not infant formula, charity donations or a gift card, during Promotional Period and scanning card. ‡18+ GB Only. Subject to availability. Lidl app required. Full T&Cs apply: lidl.co.uk/lpterms

It sounded empty & hollow, like he had used ChatGPT

Anger over 'apology' from funeral scandal boss Bush

FINAL INSULT Jasmine is haunted by Bush's letter

BY **JEREMY ARMSTRONG**
and **LUCY THORNTON**

A LETTER of apology from disgraced funeral boss Robert Bush has sparked fury from the families of his victims.

Bush was jailed for 20 years after he failed to bury or cremate people and gave grieving families the ashes of strangers, and in at least one case, an animal.

Jasmine Beverley, 40, whose son Sunny's remains were discovered at Legacy Independent Funeral Directors nearly two years after he was stillborn, said: "The letter was read to us after he was jailed at Hull crown court and we were all in total disbelief – you could hear a pin drop. There were five families in the room.

Karen Dry with pic of her parents

"It's not an apology. He's not apologising for what he's done but how the families feel about what he's done. It sounded empty and hollow. It sounded like ChatGPT had helped him out a bit."

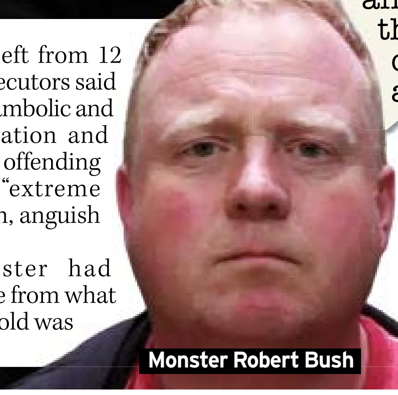
Jasmine points out the start of his letter which reads: "I have spent a great deal of time thinking about the events that wish to say something directly to you..." She said: "That was the first line and he hadn't even bothered to check it for mistakes. It's just an insult, I really wouldn't have bothered.

Police raid at Bush's funeral parlour in 2024

"It was the last line that really got me though. There's no acknowledgement of what he's done. I've got no good memories. Rob is the memories of my son. He haunts me and I still can't sleep."

Karen Dry, who entrusted Bush with her parents Betty and Allan Griffin's funerals in 2016 and 2018 and organised monthly vigils for victims' families, said: "There was no sorrow or remorse in the letter. It's a slap in the face, he's just out for himself."

The former undertaker admitted 67 offences, including 30 counts of preventing a lawful and decent burial, and theft from 12 charities. Prosecutors said Bush ran a "shambolic and chaotic" operation and his "appalling" offending had caused "extreme emotional pain, anguish and upset".


Monster Robert Bush

Stacey Foster had jewellery made from what she had been told was the ashes of her son Tommy, who died at just over 17 weeks in 2023. Humberside Police sent her Bush's letter. She said: "To me he has done this to make himself look good. I am past caring now, it means nothing. We have the same questions we had at the very beginning. We keep asking why us? There should be a public inquiry."

jeremy.armstrong@mirror.co.uk

BUSH'S LETTER

To everyone who has been affected by my actions.

I have spent a great deal of time thinking about the events that [sic] wish to say something directly to you. I know that many of you entrusted me and my business with the care of someone you loved during one of the most difficult times in your lives.

Sketch of Bush at Hull crown court sentencing

I recognise that what happened has caused distress, upset and uncertainty for many families. I am deeply sorry. There are no words that can undo what has happened or take away the pain that many of you have experienced. I understand that this has affected not only your confidence in me, but also memories surrounding the loss of those closest to you.

I accept responsibility for my failures. Looking back, I know that I should have acted differently and much sooner. I regret that I did not do so.

I do not expect forgiveness, nor do I write this letter in the hope of reducing the seriousness of what has happened. I simply wanted you to know that I genuinely regret the consequences of my actions, and the impact they have had on so many people.

I appreciate that every family's experience has been different, and I respect that some people may never wish to accept my apology. That is entirely understandable. I hope that, in time, each of you can find some peace and remember your loved one for who they were rather than for the circumstances that have followed. I am truly sorry.

DMIST

THE CHICKEN WINE HYPE

ONLY

£11.99

Le Grand Poulet Magnum, 1.5 litres

Pierre Jaurant
Le Petit Poulet
MOI?
Rosé
VIN DE FRANCE | 2025
Pierre Jaurant
Le Grand Poulet
MOI?
Rosé
VIN DE FRANCE | 2025

JUST GOT BIGGER

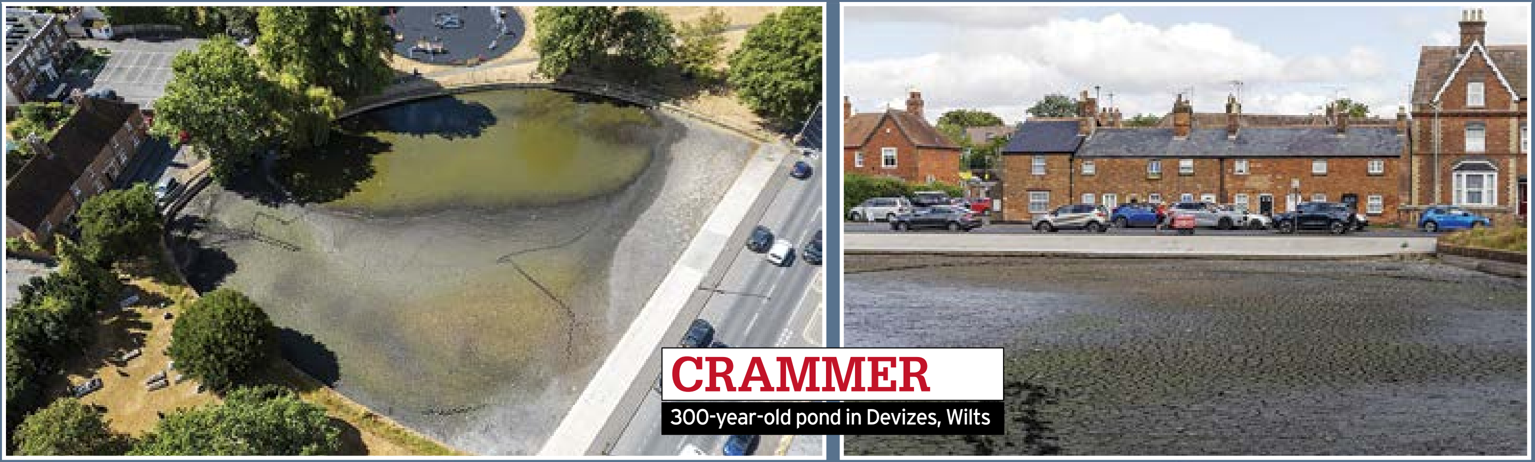
CHICKEN WINE MAGNUM, NOW IN STORE

be**drinkaware**.co.uk

ALDI

In Scotland, Wales and Aldi Local, products may vary and in store alcohol prices may be higher. Alcohol may not be sold before 10am in accordance with Scottish laws. Aldi price and packaging correct as of 04/08/26. Le Grand Poulet Magnum 1.5 litres, £11.99, £7.99 per litre. Subject to availability. Product packaging and prices may vary in store, Scotland, Wales, Aldi Local and online.

Fears Britain's landmarks dried out by heatwaves may be lost for ever


CRAMMER
300-year-old pond in Devizes, Wilts

Pond memories...

BY **FAYE MAYERN**

THE heatwave has damaged some village ponds and their wildlife so badly there are fears they may never recover.

Ponds are a part of the landscape but the record-breaking hot spell has dried up dozens, killing animals relying on them.

Some of Britain's 500,000 ponds and enclosed bodies of water may struggle to survive future hot spells unless properly maintained.

Among villages where ponds have vanished are Stanhoe, near Burnham Market, Norfolk, and Barton and Wicken in Cambridgeshire.

A 300-year-old pond called The Crammer in Devizes, Wilts, which features in the 18th century Moonrakers legend is at its lowest water point since the 1976 heatwave and is now largely cracked mud.

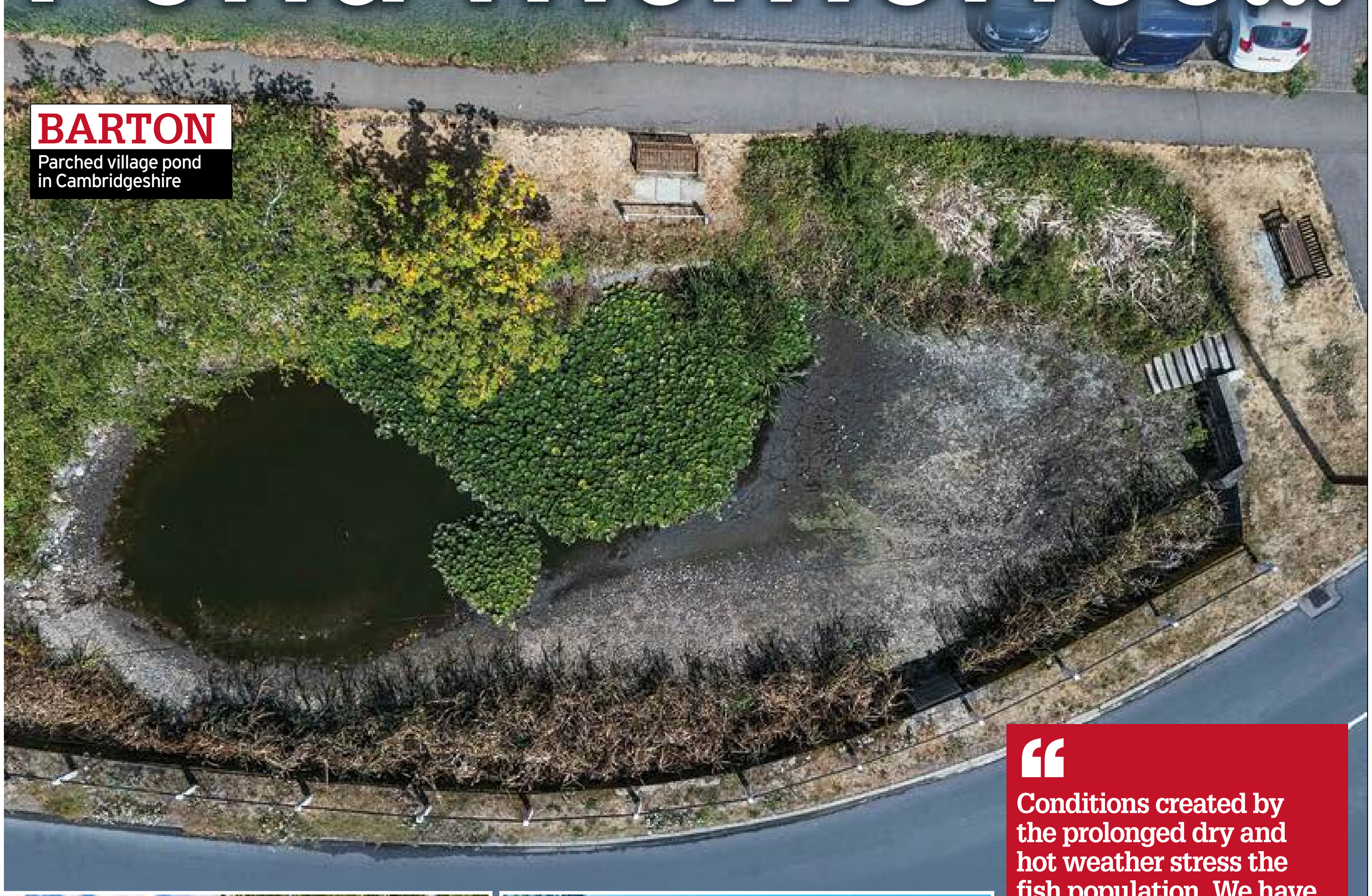
It is said to be where smugglers, caught trying to retrieve contraband brandy from the pond, tricked revenue men by pointing at the moon's reflection and saying they were trying to rake in a round cheese.

One resident said: "As the climate changes and we can't deny that summers are getting hotter, perhaps we just need to accept it's a seasonal feature." Meanwhile, residents in Stanhoe, Norfolk, have begun a rota to supply drinking water to their locals ducks after their home dried up in the recent heatwave.

Falmer Pond in Falmer, East Sussex

The ducks have been sheltering from the sun in the rushes around the parched banks and pecking for food on the dried-up mud.

A sign beside the pond said: "A small group of local residents have got together a rota to supply drinking water to the receptacles they've put in place for the geese and ducks and also to provide food for them."


BARTON
Parched village pond in Cambridgeshire

In the small, picturesque village of Barton, four miles south-west of Cambridge, the village pond has also disappeared.

It is predominantly made up of run-off water from the nearby road. When the water ran out in 2022, villagers rescued more than 400 fish.

WICKEN
Duck house empty in the Cambridgeshire pond

Twenty miles north in Wicken, their village pond is also suffering from the drought and its duck house on stilts is not being used.

Residents in Redhill, Surrey, are concerned about a dried-up historical pond which they fear will never recover unless it is better maintained. When Chain Pond on Earlswood Common dried up in July, residents left paddling pools filled with water for wildlife. Locals are urging Reigate and Banstead borough council to de-silt it and unblock a water inlet.

STANHOE
Dried-out pond in Norfolk

In Falmer, East Sussex, near Brighton, the pond is bone dry. The Environment Agency has said it is swamped with fish rescues amid hot and dry weather as many species struggle to adapt to the arid conditions. An EA spokeswoman said: "The prolonged dry and hot weather is creating conditions that put significant stress on fish populations. We are currently undertaking many fish rescues."

> **Conditions created by the prolonged dry and hot weather stress the fish population. We have done many fish rescues**
>
> **ENVIRONMENT AGENCY** ON THE HEATWAVE

Temperatures are expected to drop to the August average this weekend, settling at between 15C and 24C – compared to days of consistent 30C heat.

But some forecasters are predicting temperatures to rise again across the South, putting some areas back above heatwave thresholds.

The Met Office has said many southern areas, where rain is most needed, "may remain largely dry".

mirrornews@mirror.co.uk

HELL ON THE HEATH: PAGES 30&31

Power failure brings trains to halt across rail network

BY **POL ALLINGHAM**

AN electricity failure at a comms centre caused major disruption to trains in the Midlands and north-west England, National Rail said yesterday.

The outage occurred shortly before 2pm at Manchester Piccadilly Station, affecting signalling, Network Rail said.

Train operators Northern and TransPennine Express advised customers not to travel.

National Rail expected journeys to be impacted until the end of the day and said services in the Greater Manchester area, the Midlands and north-west England were affected.

TransPennine Express said: "All trains have been stopped due to a failure of the communication systems on the network. Trains are unable to run safely."

Services across its entire network were cancelled and delayed yesterday.

The Transport Secretary Heidi Alexander warned rail users yesterday afternoon that disruption was expected for "the rest of the day".

OUR DAILY PUB QUIZ

1 Which football club won the first Premier League title in 1992-93?

2 What is the name of the largest bone in the human body?

3 Which is the most populous Muslim country in the world?

4 Which actor played Commodus in the 2000 film Gladiator?

5 Which singer released the album Graceland in 1986?

ANSWERS: PAGE 48

~~£1~~ 75p 400g
~~£3.90~~ £3 4x415g
1000s of Price Cuts
~~£1.20~~ 90p each
99g
~~£3.30~~ £2.50 460g
More reasons to shop at
Morrisons

morrisons.com Majority of stores. Excludes Morrisons Daily. Online varies. Heinz Beanz 4x415g, £1.81/kg, offer ends 11/08/26. Napolina Chopped Tomatoes 400g, £1.88/kg. Batchelors Cheese & Broccoli and Chicken & Mushroom Pasta 99g, £9.09/kg. Heinz Tomato Ketchup 460g, £5.43/kg. Napolina, Batchelors and Ketchup offers end 08/09/26.

EXCLUSIVE

BY **HANNAH BRITT**
Deputy Features Editor

Nigel Havers is keen to have his own "Bobby Ewing moment" by bringing Corrie conman Lewis Archer back from the dead to marry Audrey Roberts.

Dallas fans will remember how Sue Ewing woke up, went to the bathroom and found ex-husband Bobby standing there – making his death all a dream.

And actor Nigel says Sue Nicholls, who plays Audrey, has an idea that Lewis could be brought back to the cobbles as his long-lost twin.

Nigel, 74, says: "Sue Nicholls said to me, 'do you know you had a twin brother living in Australia?' I said, 'good gracious who knew?' It would be a riot wouldn't it? So never say never."

During three stints in Weatherfield, between 2009 and 2019, male escort Lewis wooed Audrey, before fleeing the country with stolen money from the bookies, returned – reuniting with Audrey – then they split and he had a revenge affair with her daughter Gail, fleeing to Belize with her £40,000.

Then he returned as part of a fake psychic scam, but won Audrey's heart again. More shenanigans followed, but he had a heart attack and died on the bedroom floor, holding an engagement ring he'd planned to propose with.

He says: "I thoroughly enjoyed every moment of making that show. The team, the crew, they're just amazing, a really great family."

Bafta-winning Nigel also says he'd love a part in Rivals, the Disney+ comedy drama based on Jilly Cooper's Rutshire Chronicles novel series. Nigel says: "I want to be in that – it's fantastic telly."

> "It's a hell of a role, a fantastic tale, and the whole story's true
>
> **NIGEL** ON GOLDEN BOYS

His third wife Georgiana Bronfman, who he married in 2007, would prefer him to enter the Love Island villa. He says: "That's what she watches."

His next meaty role is in four-parter Golden Boys. Inspired by Sweden's largest ever financial crime – the Trustor affair – Golden Boys follows the meteoric rise and dramatic downfall of two cousins, who were behind a financial heist that made headlines across Europe.

In Stockholm in 1997, financial criminal Joachim Posener, newly released from prison, along with his cousin, Thomas Jisander, mounted a hostile corporate takeover of a major Swedish investment company using enigmatic British aristocrat Lord Moyne, also known as Jonathan Guinness, as their front man.

Lord Moyne, now 96, was declared bankrupt, questioned and prosecuted in Sweden, but eventually acquitted, due to a lack of evidence.

Nigel, who plays Lord Moyne, says: "It's a hell of a role. These criminals wanted someone from the aristocratic part of society to make it look good. So they hired Lord Moyne, part of the Guinness dynasty, to make it look credible. It's a fantastic tale, and the whole story's true."

Nigel's reputation as a charmer was sealed when he played Lord Andrew Lindsay in the 1981 film, Chariots of Fire. During a career spanning six decades, he has also starred in classics such as A Passage To India, Empire Of The Sun and Farewell To The King.

Other hits he's appeared in include The Charmer, Downton Abbey, Finding Alice, The Life Of Rock with Brian Pern, Benidorm and more recently The Gentlemen and Black Ops.

From 1983 to 1990 he played Dr Tom Latimer in comedy Don't Wait Up, drawing 16 million viewers each week

With Fiona Fullerton in The Charmer

As Lord Hepworth in Downton Abbey

In 1980s sitcom Don't Wait Up

A Passage To India in 1984

In new drama Golden Boys

With third wife Georgiana

Actor **Nigel Havers** on life, love.. and working at the age of 74

I'll never rule out a Corrie comeback & I would love to be in Rivals

With Sue Nicholls as Audrey in Corrie in 2013

As Lord Lindsay in hit 1981 film Chariots of Fire

at its peak. But most fans these days recognise him from a show he appears in but he's never watched.

He says: "People are coming up to me and saying, 'Oh, you're so funny in Celebrity Gogglebox!' And I go, 'Really?' Because I haven't even seen it. I just sort of sit there with Julian Clary, laughing."

Looking ahead, Nigel says he never hankers after roles, having learned a harsh lesson when he did.

The actor says: "One of my favourite books is Fair Stood The Wind For France by H. E. Bates.

"A few years ago, I suddenly realised the BBC were going to make a TV series of it. I thought, 'That's my part.' I went for the audition and I said, 'Let's not beat about the bush, it's my favourite book, I'm the right age, I'm exactly the right type, you might as well offer it to me.' I didn't get the job.

"I was mortified. I thought, 'I must never do that again. I must never hanker after a job.'

"Now, I'm always amazed if someone offers me a job. I never go in with any expectation at all."

Nigel is a grandfather-of-four, with one daughter from his first marriage.

He and Georgiana are inseparable. He says: "I do a one-man show and she tours with me. I wouldn't tour without her. She comes on stage a couple of times to help out.

"But she doesn't speak at all, because I'd have to pay her."

Earlier this year, the couple became teetotal. Nigel explains: "I wasn't a big boozer, but at the start of the year I had a chest infection and the taste of alcohol was horrible. I haven't had a drink since.

"Now, I don't drink alcohol, I don't smoke, I eat very carefully and I exercise a lot. I'm so boring. I don't miss alcohol at all. My wife has stopped too. Safety in numbers."

Along with his one man show, Nigel Havers: Talking B*ll*cks, which he's relaunching in October, he will soon be doing his 11th panto at the London Palladium. Nigel says: "It gets you out of Christmas. This year, we're doing Cinderella and we've got Dawn French and Jennifer Saunders playing the Ugly Sisters – so strap yourself in for a ride."

Firm friends with the two comedians, he adds: "They're just so funny and so sweet. I will give Dawn a hard time, though, on stage. She loves it!"

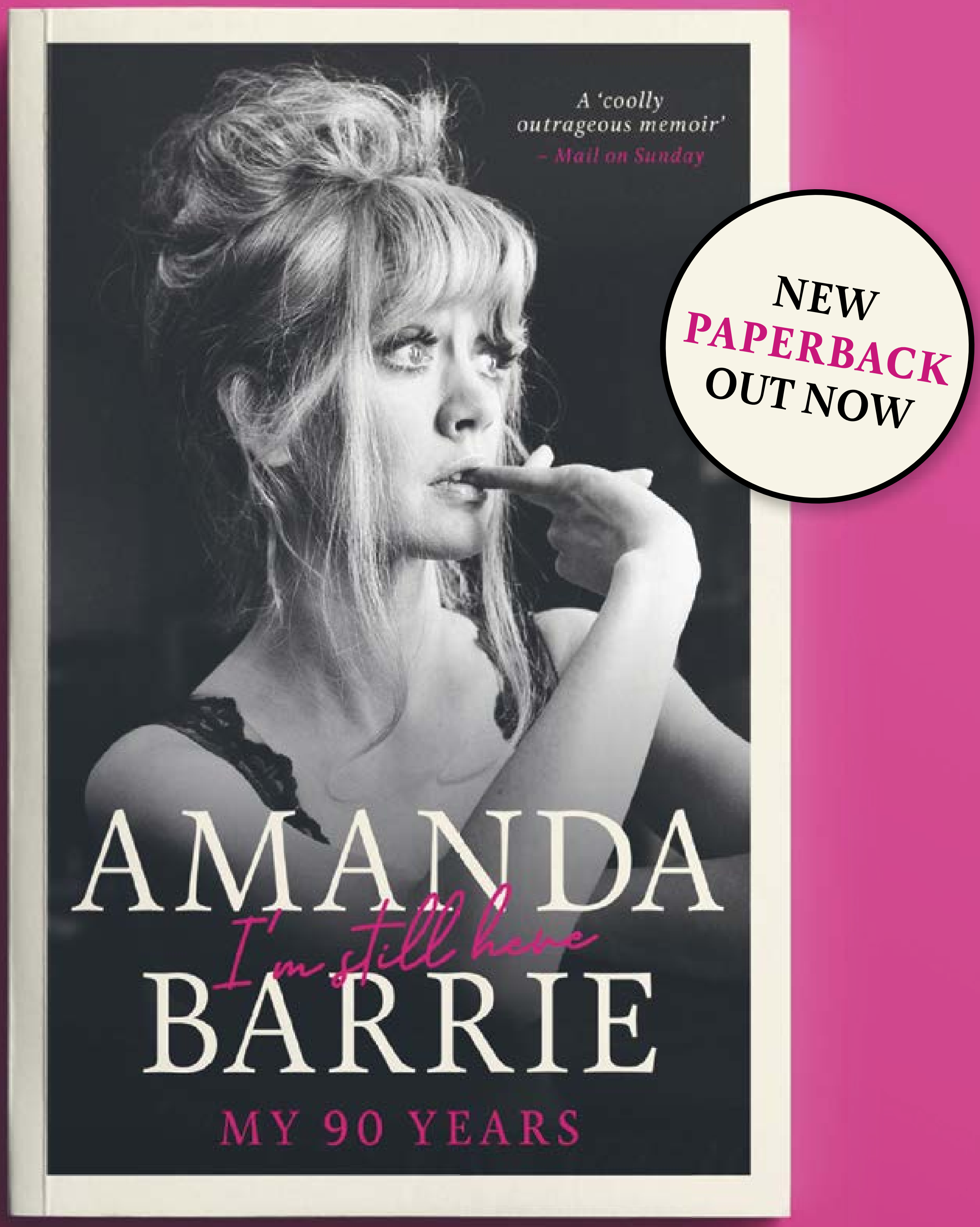
■ Golden Boys streams on Viaplay via Amazon Prime from Monday.

hannah.britt@mirror.co.uk

> “Sue said 'you have a twin brother living in Australia' so never say never
>
> **NIGEL** ON RETURN AS LEWIS

"Coolly outrageous memoir"

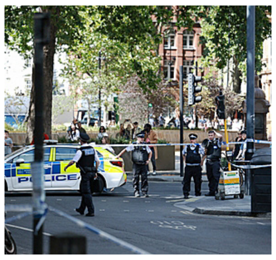
Daily Mail


A 'coolly outrageous memoir' – Mail on Sunday
AMANDA
I'm still here
BARRIE
MY 90 YEARS
NEW
PAPERBACK
OUT NOW

90 years and still counting...

On sale from all good bookshops and Amazon

AMAZON



Cops attend, central London

GBH charges over Covent Garden 'stab'

BY **ELLIE CRABBE**

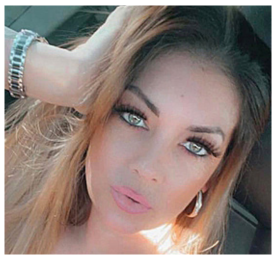
A WOMAN accused of a stabbing spree in Central London has appeared in court charged with GBH.

Stella Gollovena, 47, is accused of attacking Patrick De Barr, Thomas Harding, Adrian Lovett and Mantas Jankus with scissors on Wednesday.

She is charged with four counts of wounding with intent to cause GBH and one of possession of an offensive weapon after the incident in Covent Garden.

Gollovena, of no fixed address, appeared at Highbury Corner magistrates court yesterday. The four men were treated for stab wounds to their backs and have been discharged.

She did not enter pleas and was remanded in custody until a hearing at Snaresbrook crown court on September 3.



Emma Atkinson died in 2024

Inquest into 9th floor fall mum's death

BY **KATIE DICKINSON**

TRAGIC Emma Atkinson "propelled herself" from a ninth-floor window, a coroner has said – but may not have intended suicide.

Pregnant mother of-five Emma, 38, fell to her death from her father's flat in a Leeds tower block in 2024. Her unborn baby survived.

Father David Atkinson told an inquest in Wakefield Emma had removed safety catches on the window to open it fully.

Then she said "I'm off" and he saw her going out of the window.

Coroner Naomi McLoughlin recorded a narrative verdict, saying: "I have to consider intent."

She noted the "deliberate act" of opening the window, balanced against the fact no recent concerns had been raised about Emma's mental health.

SWORD

One of many found by police

TRAILER

Barrel with body was stored in it

CROSSBOW

One of weapons discovered in search at Wright's farm

35YRS FOR 'BODY IN A BARREL' KILLER

Farmer cut up corpse and hid it after quarrel with 'lodger'

BY **TOM WILKINSON**

A FARMER who shot his lodger, then dismembered his body and hid it in a barrel has been jailed for 35 years.

Former butcher Christopher Wright, 73, was convicted last month of murdering Richard Dyson, 55, who disappeared in 2019, then concealing his remains for six years.

Judge Mr Justice Cotter yesterday told Wright he must serve life with a minimum term of 35 years less time on remand, and was likely to die in prison.

On what Wright did to his victim, the judge, said: "You had worked as a butcher and were skilled enough to do such a terrible thing, something few ordinary people would have the stomach for."

Mr Dyson who lived in his car on Wright's land at Hoyland, Barnsley, South Yorks, was reported missing by his daughter. Last year police found his concealed body in a concrete-filled barrel in a livestock trailer.

Mr Dyson did odd jobs for the farmer but the pair fell out after Wright, a weapons fanatic and collector, suspected him of stealing from him and selling on possessions. Wright shot him in the arm and chest with a shotgun and, over the following days, he dismembered him, bought cement from a builder's merchant then concealed the body parts in a blue barrel.

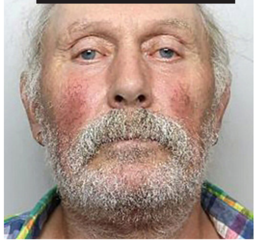
Wright then put the barrel in a trailer and persuaded an innocent and unwitting neighbour to store the vehicle.

Wright's childhood friend Karl Schwalbe, 72, was convicted of conspiracy to pervert the course of justice after helping to conceal the crime. He was jailed for three years.

Police found a stash of antique firearms, samurai swords and a crossbow at Wright's farm. As they searched, Wright was filmed in a hotel praying for absolution from God and that his weapons would not be found.

Mr Dyson's daughter Bethany Dainty told Sheffield crown court of the pain of not knowing what had happened to him for so long. She said: "I couldn't grieve because I did not know the truth."

mirrornews@mirror.co.uk



GUILTY

Wright, *below*, helper Schwalbe

HORROR CRIME

Mr Dyson's niece Paula Loache, *left*, & daughter Bethany Dainty, *right*, listen as Det Con Fiona Bowling reads a statement outside court

VICTIM

Richard Dyson vanished in 2019

MAD
COLOUR
BLUSH ROSE
100ml

PRE-FESTIVAL MISHAPS
JUST GOT EVEN BETTER

deliveroo

AI

Posh in leather bandana at a gig in 2001

In a Burberry bandana with baby Brooklyn

the taste of a glass and a half

Nicola dresses Posh for date

BY **LAURA HARMAN**

BROOKLYN Beckham's wife Nicola Peltz looks like she has been taking fashion tips from her mother-in-law.

The actress, 31, wore a green bandana as she and Brooklyn, 27, marked the first anniversary of their wedding vow renewal with a day out on Tuesday.

It's a look Victoria, 52, often went for in the past – including on a shopping trip in Los Angeles with baby Brooklyn and her mum Jackie in 2000.

Mushrooms work their magic on depression...

More than half of patients felt better after six weeks

BY **LIAM DOYLE**

THE natural psychedelic found in magic mushrooms could ease depression, a study has found.

A trial into people whose depression was resistant to other treatments found psilocybin worked in 40% of cases after three weeks, and 56% after six weeks.

Some patients entered remission, with their symptoms lowered to the point they did not meet clinical criteria.

It follows mounting evidence low-dosage psilocybin could be a credible alternative to prescribing mainstream antidepressants such as SSRIs.

Professor James Rucker, of King's College London's Institute of Psychiatry, Psychology & Neuroscience, said: "As is often the case in clinical depression, individual responses were very variable and some of the difference between groups will be due to non-drug factors. The wider evidence base for psilocybin therapy is growing rapidly, and looks promising."

One patient said: "It has taken me a while to reflect and I think it just helped me understand my depression more and just 'feel' my feelings.

"It was very difficult – very painful – but I think that was what I needed."

The study was led by King's College London and published in Nature Medicine. Prof Rucker added: "This trial makes a strong case for larger publicly funded trials in community settings, which are less anxiety-provoking than hospital settings."

40
Percentage of patients who felt better after 3 weeks of psilocybin

mirrornews@mirror.co.uk

BACK BEHIND BARS

Georgia praises police over case

Disgraced Bear jailed for 16 months over posts shaming victim Georgia

AT THE COURT Bear with pregnant wife Miami

BY **JAMIE DOWNHAM**

REALITY TV star Stephen Bear has been jailed for 16 months after breaching a restraining order that banned him from posting online about his ex-girlfriend Georgia Harrison.

The order was imposed in 2023 when he was imprisoned for filming and sharing a sex tape of former Love Island star Georgia on OnlyFans without consent.

Bear, 36, served just over half the 21-month sentence before being freed on licence in 2024.

Judge Christopher Morgan was highly critical of the social media campaign he launched against Georgia, 31, last year while she was pregnant.

He began posting on Instagram, TikTok, X, YouTube and Facebook about the case and Georgia in March 2025.

Judge Morgan said of Bear's posts, which included claims of a conspiracy: "You consistently posted messages of the most abhorrent and harmful type. You accused her of being a liar. I take the view your explanation and justification for doing what you did is simply victim blaming."

Bear shook his head as he was taken away to be returned to jail.

Georgia said in a statement read out at Chelmsford crown court that Bear's online presence made her feel petrified and she feared for her safety.

Georgia, made an MBE last year for campaigning for stronger legislation on violence against women, praised Essex Police after the hearing. She said: "They built the case properly, they stayed with it."

Former Celebrity Big Brother winner Bear arrived at court with his pregnant wife Miami. The judge also extended an order which prevents him from contacting Georgia's mum and her friend.

jamie.downham@mirror.co.uk

Bear in a recent photo released by Essex Police

> " You posted messages of the most abhorrent & harmful type

GET READY FOR THE NEW FOOTY SEASON
FREE
24 PAGE FIXTURES MAG
PICK UP ONLY AT TESCO
INCLUDES ALL 92 PREMIER LEAGUE AND EFL CLUBS
ESSENTIAL 2026-27 FOOTBALL FIXTURES
All the dates you need ahead of an epic season
RICE & SHINE Declan Rice and his Arsenal team-mates celebrate winning the Premier League
WITH THIS WEEKEND'S
DAILY Mirror SUNDAY Mirror
Terms and conditions apply. Voucher required. Subject to availability while stocks last.

Team celebrates goal in semi

Final flops Argentina in Lions win tribute day

BY **JAMIE GARDNER**

ARGENTINA has raised eyebrows by establishing an annual day of celebration to mark its World Cup semi-final win over England last month.

The Argentina Football Association said July 15 will be National Football Teams Day.

It honours the date of the team's 2-1 comeback against the Three Lions.

Argentina players were widely accused of dirty play in the crunch match, and also in their 1-0 loss to Spain in the final.

But the AFA announced yesterday: "The date was chosen to commemorate Argentina's historic victory over England in the World Cup semi-final.

BRAWL

"Lionel Scaloni's team was trailing the English side by a single goal, but with goals from Enzo Fernandez and Lautaro Martinez, they turned the game around, sending the entire nation into a frenzy.

"But the tribute isn't just for that milestone.

"The recognition also extends to every one of the national teams, who train daily at the Lionel Andres Messi training complex with the hope, joy and responsibility of representing Argentina."

Fifa has opened disciplinary proceedings against the AFA over players displaying a provocative banner at the end of the semi-final in Atlanta.

The flag proclaimed the Falkland Islands belonged to Argentina.

The team's players, Leandro Paredes and Nahuel Molina, are also being investigated by Fifa over their involvement in a brawl after the final.

The team's assistant coach, Roberto Ayala, is also being investigated in relation to that incident.

JUNIOR SOLDIERS
Teenage troops parade at the AFC, Harrogate

Four females claim they were attacked at training college

Army teens' 'rape & sex abuse' hell

BY **MATHILDE GRANDJEAN**

FOUR young women said they suffered sexual abuse – including rape – and harassment while attending an Army training college.

Military chiefs have now called for victims and witnesses of criminal behaviour at the Army Foundation College in Harrogate, North Yorkshire, to come forward.

It comes after the four recruits told the BBC they were sexually assaulted and harassed at the college, which provides basic training to under-19s.

A woman whom the BBC called Tilly said she had been raped aged 17 at the AFC by fellow soldiers. She said the attack took place after she was casually invited into a soldier's room.

"They started taking my clothes off and then this led to them doing stuff I didn't consent to," Tilly told the BBC.

"And then I was raped... by multiple junior soldiers, same age as me. It went on for hours. I felt like a piece of meat." Another woman whom the BBC called Monica said she was sexually assaulted by a soldier who trapped her in a room before kissing and touching her without her consent.

Another woman, whose story was shared by her mother, was allegedly sexually assaulted and subjected to sexual harassment during her training, and would sleep across the door to her room to stop male soldiers entering.

An Army spokesman said: "Unacceptable and criminal behaviour has absolutely no place in our armed forces and these reports are extremely distressing and serious.

"We encourage anyone who has experienced or witnessed unacceptable or criminal behaviour at the AFC to come forward."

The spokesman said the most recent Ofsted report and visit by the Children's Commissioner and safeguarding authorities in January 2026 "recognised the culture of care [at AFC] and the confidence junior soldiers have in raising concerns".

> **They started taking my clothes off and did stuff I didn't consent to**
>
> **'TILLY'** TOLD BBC OF ORDEAL

ARMY FOUNDATION COLLEGE

The college provides basic training for under-19s

mirrornews@mirror.co.uk

Sit back, relax and enjoy the sight... of a car park

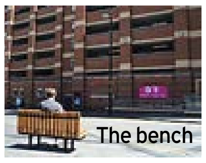
BY **CHARLIE FENTON**

CITY planners have been mocked for installing a bench facing a car park as part of a £46million revamp.

The wooden seat, near to Leeds train station, offers an uninspiring view of the city centre shopping plaza Trinity.

The bench has been put on a newly pedestrianised street as part of the costly renovation work.

One commuter said: “They should have tucked it into a corner facing the pubs and bars, mainly so it is out of the way but also that would be so much nicer.”


The bench

A local said: “It looks a bit silly and out of place really.

“No one really wants to look at a car park.”

Another Leeds resident said: “Maybe it is Britain’s most charmless bench.”

Leeds City Council said: “Street furniture is positioned as part of the overall design for the scheme.”

For more great stories and to join the conversation

Mirror.co.uk

DAILY Mirror SUNDAY Mirror

GET YOUR PAPERS FOR

£6.99 PER WEEK FOR SIX MONTHS*

DAILY Mirror
THE HEART OF BRITAIN
£5 off when you spend £15 at well Pharmacy
HOME ON A HIGH
Emotional England stars 'hurting but proud' as they fly in
FIRST DAY AT No10
Burnham starts with cost of living & social care pledge
Our seventh PM in 10yrs says he'll end chaos & bring hope
BURNING AMBITION
SUNDAY Mirror
THE HEART OF BRITAIN
FREE 4 PACK OF ICE LOLLIES Iceland
Worth £2.50
It's a boy
Scarlett reveals baby news in
Notebook magazine
PLUS
REFORM CASH EXCLUSIVE
FARAGE'S HAVEN US ON
As we pay our taxes... Reform's coffers boosted by £15million from rich pals & firms abroad or linked to offshore havens

Delivered to your home or vouchers to use at your newsagent

Scan Me

VISIT mirror.reachsubs.co.uk
OR CALL US ON 0345 149 4848

PROMO CODE: CP263

***Terms and conditions:** Offer open to new subscription customers only. This offer entitles you to receive both your Daily and Sunday papers at a rate of £6.99 per week for 26 weeks and then a 10% discount thereafter. This offer is redeemable by direct debit (taken by a monthly payment plan). **Home Delivery orders via our direct service:** A daily charge will apply, delivery charges vary and the service is not available in all postcodes. **Voucher orders:** You will be sent individually dated pre-paid vouchers (to redeem at the retailer) within 14 days by post and use the vouchers as payment, a delivery charge will apply. Not all retailers offer home delivery, please check directly with them. Phone lines are open Mon-Fri 9am-5pm, (closed on Bank Holidays), standard call charges apply. Offer valid until Sunday August 30, 2026.

Phyllis Logan plays Aunt Morag

Chris Fulton as Alisdair

John Gordon Sinclair as Fergus

Rishi Nair as Daniel

Richard Briers, Susan Hampshire, Hamish Clark, Alastair Mackenzie, Dawn Steele and Alexander Morton in the original BBC series which ran from 2000 to 2005

Now and

EXCLUSIVE

BY **NICOLA METHVEN**
TV Editor

WORLD on Fire’s Julia Brown will join Downton Abbey’s Phyllis Logan and Gregory’s Girl star John Gordon Sinclair in Channel 5’s reboot of Monarch of the Glen.

In contrast to the original, which ran on the BBC from 2000 to 2005, the lead role is taken by a woman – Isla Campbell, played by Julia.

Isla returns to the Highlands from her high-flying job in London to discover she has inherited a mountain of debt after the death of her father.

Julia, 29, said: “I’m excited to be stepping into the world of Monarch of the Glen and bringing Isla Campbell to life. Isla is ambitious, sharp and fiercely independent, but returning to Scotland forces her to confront her past, her family and a future she never expected.

“I am so, so proud to be joining such a talented cast and cannot wait to bring this heartfelt story to audiences.”

Phyllis, 70, who plays Isla’s aunt Morag, added: “Monarch of the Glen holds a special place in people’s hearts, so it’s a privilege to be part of its return.

“The scripts are full of wit, warmth and wonderful characters, and I’m delighted to be working alongside this cast and crew. It will be great fun to welcome audiences back to Scotland.”

John Gordon, 64, plays longtime family lawyer Fergus in the story, loosely based on the Highland Novels series by Sir Compton Mackenzie. The cast also

Julia Brown as Isla

Glen...

Cast revealed for reboot of classic Highlands drama

includes Grantchester's Rishi Nair as businessman Daniel and Bridgerton's Chris Fulton as Isla's brother Daniel.

The series' creator is Jeremy Brock, who wrote the screenplays of A Very Royal Scandal, The Last King of Scotland and Mrs Brown.

He said: "I'm hugely excited by the opportunity to tell a story of family life and finding your place in our hectic world – one that celebrates the humour and eccentricities of a special community, with both optimism and authenticity.

"Hope and joy are in short supply right now, and the Highlands – one of the most magical places on Earth – felt like the right home for them."

The show is not a direct remake of the original, which ran for seven series.

In a loose way, Isla takes over from Archie, who was played by Alastair Mackenzie, while Phyllis as Morag replaces the role previously held by Archie's mother Molly, played by Susan Hampshire.

The original also starred Richard Briers as Archie's father Hector, Hamish Clark as ranger Duncan, Dawn Steele as housekeeper Lexie and Alexander Morton as head gamekeeper Golly.

> “ I am so proud to be joining this cast and can't wait to bring this to audiences
>
> JULIA BROWN

nicola.methven@mirror.co.uk

SWIM SHADY

25ft shark off British coast

BY **TOM SANDERS**

AN ENORMOUS shark has been spotted off the coast of the British Isles.

Footage captures it cruising just beneath the surface near Peel on the Isle Of Man, with a huge dorsal fin slicing through the water.

But despite its terrifying appearance, experts said the giant fish was in fact a harmless basking shark. Nicholas Lewis of Casey J Fishing Trips, based in Peel, said: "It's been years since we've seen so many basking sharks.

"They are 25-foot long – when they're next to the boat you know about it."

Shark off Isle Of Man

Basking sharks are the second-largest fish in the world, surpassed only by the whale shark. Despite their fearsome appearance, they pose no danger to humans.

The gentle giants, which feed on plankton, are generally seen swimming alone or in small groups in coastal waters. Their huge mouths filter around 2,000 tonnes of seawater per hour.

mirrornews@mirror.co.uk

HALF PRICE TICKETS to York Races Ladies Day

We've teamed up with York Racecourse to give readers half price tickets to the Sky Bet Ebor Festival.

This great offer is valid on the Yorkshire Oaks Ladies Day on Thursday August 20. Ladies Day at York Races is special both on the track and in the grandstand.

The Grandley Hall Ebor Fashion Lawn offers catwalk fun and fabulous prizes.

Sporting action means seven top class races, with a combined prize money pot of £1,800,000.

The Sky Bet Ebor Festival is the week to visit York for the fabulous four day festival of racing. A warm Yorkshire welcome awaits.

Our half price ticket offer is valid for Thursday, August 20 only.

HOW TO CLAIM

To redeem this offer just scan the QR code, and enter the promotional code **Ebor26**. The offer is valid until 23:59pm on Sunday, August 9, 2026.

Scan Me

York RACECOURSE

Terms and conditions: Maximum five tickets per person. The half price tickets are not for resale. The offer is only valid on new bookings only. It is valid for Grandstand & Paddock admission on Thursday 20 August, 2026 only. The offer is not valid in conjunction with any other offer. The offer is valid to claim until 23:59pm on Sunday August 9, 2026.

Mirror

Delay on inflation rises for retirees

TENS of thousands of retirees have been told they will have to wait an extra year to get rises to their pensions.

Those hit are people who rely on the Pension Protection Fund and the Financial Assistance Scheme. These are government-backed bodies that step in if the firm you work for goes bust or lacks the funds to pay your pension.

More than 330,000 were told their payouts would rise with inflation by as early as January 2027. But now 66,000 must reportedly wait until at least 2028 as the PPF cannot hit the deadline. The PPF has been contacted for comment.

Are you owed a tax refund on pension?

HM Revenue & Customs
HM Revenue & Customs
Self Assessm
Notice to complete a tax ret

CHECK IT OUT Savers can apply for refund online

£50m reclaimed on withdrawals between April & June with people getting £4,000 average payout

BY **LEVI WINCHESTER**

THOUSANDS of pension savers are being urged to check if they are due a tax refund from HMRC.

More than £50million was reclaimed in tax on pension withdrawals between April and June 2026. There were more than 12,500 claims during this period, with an average repayment of £4,000 per person.

You may be due a refund if you were charged emergency tax after making a first withdrawal.

This can happen if HMRC treats your first withdrawal as if it will continue to be paid each month – even if you do not make any further withdrawals that tax year.

You can normally withdraw up to 25% of your pension tax-free from the age of 55.

Adam Cole, retirement specialist at Quilter, said: "The average repayment stands at almost £4,000, not an insignificant amount of money, and money that could be put to work sooner and to better use.

"Instead, retirees are being left out of pocket while they wait for HMRC to return their own money, a process that could and should be quicker or avoided altogether. This is happening at a time when pressures are rising on retirees, despite the triple lock."

Savers can claim the difference between how much they paid in emergency tax and how much they should have paid, online.

Those who have emptied their pot by flexibly accessing their pension and are still working or receiving benefits should fill in form P53Z. If you have emptied your pot by flexibly accessing your pension and are not working or receiving benefits, you should fill in form P50Z.

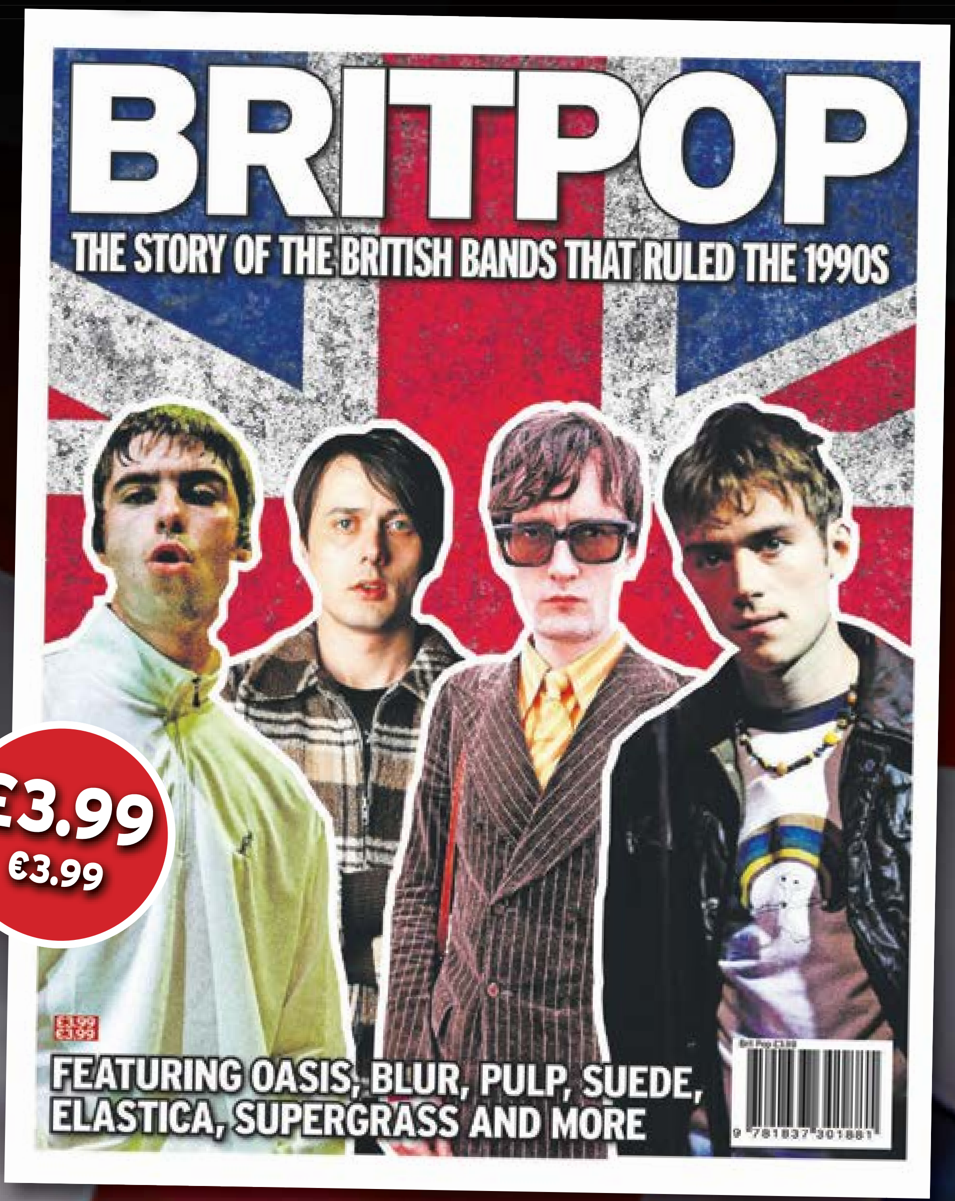
If you have only flexibly accessed part of your pension pot, then use form P55.

Or, you can wait for HMRC to repay you at the end of the tax year. Mr Cole said: "Until it better reflects how people actually access their money, thousands of savers will continue to face unnecessary complexity and cashflow disruption.

"Careful planning and professional advice remain essential to avoid paying too much tax at the point of withdrawal."

> "Careful planning and professional advice remain essential to avoid paying too much tax at the point of withdrawal
>
> **ADAM COLE** RETIREMENT SPECIALIST AT QUILTER

mirrornews@mirror.co.uk


BRITPOP
THE STORY OF THE BRITISH BANDS THAT RULED THE 1990S
FEATURING OASIS, BLUR, PULP, SUEDE, ELASTICA, SUPERGRASS AND MORE

BRITISH BANDS OF THE 90s

£3.99 €3.99

VISIT WWW.REACHSHOPS.CO.UK/BRITPOP
OR PICK UP IN PARTICIPATING RETAILERS

Available to purchase in participating supermarkets, high street retailers and independent newsagents from June 29, 2026. For online purchases postage and packaging applies.

Scan Me

LISA **NANDY**

Secretary of State for Digital, Culture, Media and Sport

JUDGING Writer Sir Phil Redmond

Who'll be talk of the towns?

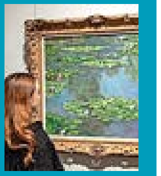
We have seen what the City of Culture title can do for places across the country. When Liverpool was European Capital of Culture in 2008 it was a catalyst that helped transform the city. So why shouldn't towns also have their cultural offering championed and celebrated?

That's why last October, alongside the Liverpool cultural legend Sir Phil Redmond, I launched the UK Town of Culture competition.

We saw an incredible 400 places throw their hat into the ring, showcasing their unique cultural identity. Any would have been worthy winners. We're now down to the final 15 vying for the title, and we'll announce who has won early next year.

I'm delighted to be leading the new Department for Digital, Culture, Media and Sport, as we bring together the creativity of the Department of Culture, Media and Sport with the technical brilliance of the Department for Science, Innovation and Technology to do something genuinely different in government.

For too long, the things that make life worth living, such as opportunities to access art, grassroots sport, culture, the creative industries, supportive youth services – have felt out of reach for too many people in too many places. Changing that is what drives me every day.



CREATIVE Culture for all

Now we're combining that with the digital connections that bring us together. Telecoms and technology are the infrastructure of modern life. Having the right protections and support in place for the online world will also be critical too, and I will drive forward the crucial work on online safety.

Together, this makes for a magic combination: one department, at the heart of government, able to change lives, in places too often overlooked.

Playing a Blinder as we invest in culture for kids all over UK

WHEN it comes to art, music, film and TV, Britain is brilliant.

We're one of the biggest music exporters in the world, our creative industries are growing four times faster than the rest of the economy, and people come from all over the world to be part of our arts and cultural scene.

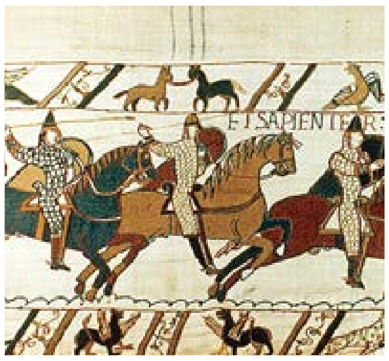
Yet too many kids in our own country have been locked out of this great British success story.

It's not just pop that's getting posher. Only 8% of people working in TV are working class.

The Baftas are dominated by actors who went to private school, and it is hard to see how brilliant working-class actors, like Sir Ian McKellen, who hails from near my town of Wigan, would make it these days. I am on a mission to change this.

We are now calling time on decades of cultural vandalism. In their 14 years in charge, the Tories virtually erased arts and culture from classrooms and our local communities.

They downgraded arts education in state schools, so while private schools continue to offer excellence in that area, the numbers of children taking arts GCSEs in state schools fell by 40%.



IT'S BACK Bayeux Tapestry

BRILLIANT Sir Ian McKellen

SUPPORT Steven Knight

By the time the Tories left office, in some parts of the North not a single school was able to offer the opportunity to do music GCSE or A-level.

The Conservatives' message to children was clear: arts and culture are only for those whose parents can pay.

My message is the opposite. We have already started, by putting art, music, dance and drama back in every classroom and back at the heart of the curriculum.

> “Arts and culture gives the chance to live a richer, larger life

I am launching the Every Child Can programme to help children find their spark, and rebuild access to arts and music in the community.

We're building music studios in libraries and supporting a levy on concert tickets to support grassroots music venues. Our new £500million programme Youth Matters is restoring youth clubs and services across the country so young people can pursue their passion wherever they live.

I am tired of being told that not everybody can or should have access to the best of what this country has to offer. We've worked with the British Museum to bring the Bayeux Tapestry back to British shores for the first time in 1,000 years, and open up free access to it for children across the country.

We launched the £1.5billion Arts Everywhere programme to fund 1,000 neglected arts and cultural venues across England, and we're working with the National Film and Television School and Peaky Blinders creator Steven Knight to fund creative careers from Beaconsfield to Birmingham.

At every step we have met resistance from those who believe arts and culture belongs only to certain types of people, in certain postcodes. They think that the Culture Secretary has no business taking excellent arts and culture into every community and every classroom.

They are wrong. Arts and culture gives the chance to live a richer, larger life. That belongs to all of us, and this is a fight from which we will not back down.

What do you think? write to **yourvoice@mirror.co.uk**

Infantino – football without fans is nothing

Last month, Gianni Infantino announced his intention to sell off stakes in the World Cup – a plan that would see huge chunks of our game sold off to billionaire investors.

Thankfully the plan won't come to fruition because of the principled stances taken by Fifa members across the globe, with our own FA threatening to boycott the tournament entirely.

It is a reminder of the importance of protecting our game and keeping fans at the heart of it.

That's why I fought so hard to create the Independent Football Regulator, which will mean domestic clubs are legally bound to involve their fans in a meaningful way in decision-making, the heritage of clubs will be protected, and anyone who buys your club will have to prove their suitability.

I know through our own battles to keep Wigan Athletic afloat just how vital football is.

Our mantra is simple – football belongs to the fans.

Our grassroots music venues are brilliant. They make a huge contribution to our communities and to our culture, where future headliners make their first steps on stage, where local talent unite the audience and people discover their love of live music for the first time.

SOUND IDEA Help venues

For a really long time they've been under threat. A lack of support from the Conservative government as well as adapting to the impact of Covid has made it difficult for them to keep their doors open.

That's why the Prime Minister's decision to cut business rates for these venues was exactly the right thing to do to give them the breathing space they need to keep doing what they do best.

It's an investment in the next generation of artists, technicians, promoters and producers, protecting the places where grassroots music thrives and homegrown talent flourishes in all parts of the country.

VISION Prime Minister Andy Burnham

North star will shine brightly

It's been a privilege to work out of No10 North this week.

I remember many years ago being asked if I was moving the Labour Party left or right – my answer was, I'm moving it North!

Decision-making power should not be limited to one area of the country. That's something I've been championing for many years.

We have been delivering the biggest transfer of powers to local leaders in a generation, and now the opening of No10 North is the start of the next chapter of putting power back in the hands of our communities all around the country.

■ **Ros Wynne-Jones is away and will return next week**

STARBURST™
STARBURST
0.50
WIN: 1.00
BAR BAR BAR BAR BAR
MEGA WIN!
104.00
STARBURST
WIN BOTH WAYS

Mirror Bingo!

GO INTERGALACTIC

TO UNLOCK THE POWER OF

STARBURST™

WIN BIG

AMONG THE JEWELS AND STARS

PLAY NOW!

MIRRORBINGO.COM

Scan Me

BeGambleAware.org® 18+ Play responsibly. 18+ T&Cs apply. WHEN THE FUN STOPS STOP

Surgery disrupts brain barrier

‘Windows’ could help treatment of cancer

BY **ELLA PICKOVER**

SCIENTISTS have found a window of opportunity to fight aggressive brain cancer with chemo.

Instead of waiting for a few weeks after surgery on a glioblastoma, research suggests chemotherapy could be most effective in the first minutes and days.

The new study shows the blood-brain barrier – a layer of cells which protect the brain from harm – is “disrupted” during two windows after surgery.

Experts said while the findings are still in their early stages, they could potentially reshape care for glioblastoma patients.

The breakthrough comes after swimmer Archie Goodburn appealed to Prime Minister Andy Burnham to establish a national brain cancer lead.

BEGGING

The 25-year-old, who was diagnosed with brain cancer when he was 22, said: “Please invest and make the difference.

“I’m on my knees begging for not just my own life but those who are affected and the families all around the country. This has to change, it has been going on for too long.”

Mr Burnham invited Archie to meet him.

In the study, published in the journal Science Translational Medicine, researchers from the University of Manchester worked on mice to mimic the clinical procedure of removing a tumour.

They found the surgery disrupts the blood-brain barrier for windows which open 15 minutes and 48 to 72 hours post-surgery.

Dr Thomas Kisby, co-lead on the study, said: “If treatment is timed during specific windows we identified, it is able to halt the disease significantly before it regrows.”

FREE AT LAST

Lions saved from war in new home

BEN-TZUR
ORI

BY **DANNY BUCKLAND**

A BRITISH charity has plucked two lions from a warzone and taken them to a new life of freedom in Africa – where they walked on grass for the first time.

Ben-Tzur and Ori were taken from their mother shortly after birth and passed around owners as trophy pets, victims of a sick social media trend.

They were trafficked to Israel, where one was found tied to a tree and the other in a basement.

Just when their luck seemed to be changing, they were stranded because of the Middle East conflict.

But thanks to Animal Defenders International, their forever home will be the rolling grasslands of the charity’s 455-acre sanctuary in South Africa.

INSTINCTS

ADI founders Jan Creamer and Tim Phillips accompanied the two big cats on the 50-hour journey from Israel to Johannesburg via Cairo and Frankfurt.

Tim, from Surrey, said: “They visibly changed when they arrived at our sanctuary. After a first night sleeping on a nest of hay, they walked out of their house and mapped the layout of their territory and grew in confidence.

“The rescue was a very difficult operation because the war regularly closed airspace, leaving no cargo flights leaving Israel. As soon as we got word of a flight, we seized it.

“The other lions roared a welcome and you could see their natural instincts start to awaken. They are young and not roaring yet, but they will soon be joining the morning and evening sanctuary chorus.”

mirrornews@mirror.co.uk

BEN-TZUR
On the day of his rescue

ORI
Rescue day and in crate for freedom flight

Politicians must now do their bit to fix crisis

HILARY McGRADY

DIRECTOR GENERAL OF THE NATIONAL TRUST

DURING the fire at Dunwich Heath, we saw the best of people. Locals opened their homes and brought food for firefighters, while The Red Cross and Salvation Army rallied.

It was described as a kind of "Blitz spirit". Farmers supported fire services with machinery and water, teams from Sizewell C dug trenches, National Trust, RSPB and Natural England colleagues cut fire breaks and we mobilised a helicopter.

People did their bit. Now we need a government response to match. Because the wildfires issue isn't going away. The blaze that reduced the beautiful purple heath at Dunwich to char and ash was just one of 200 UK fires that fortnight.

So, our politicians have a choice to make – do they kick the can down the road and hope things will get better? Or do we mobilise the resources we have and fight for a better future? If it's the latter, here's where Andy Burnham should start.

Firstly, climate change and the crisis in nature must be treated as a societal and economic issue, not just an environmental one. The Dunwich fire cost the local economy and businesses, stretched resources and affected people's way of life.

MISSION

While additional funding is welcome, the government still has not published a wildfire strategy, and fire crews don't have the tools needed to fight these blazes.

Secondly, the Prime Minister needs to invest in the power of nature. Restore our drained peat bogs, undo centuries of dredging and straightening of our rivers, and treat nature as critical infrastructure like transport or utilities.

We've launched a petition calling on the government to make climate resilience a national mission. Wildfires are fuelled by rising heat, and preparing must go hand in hand with halting warming.

Until recently, we had cross-party consensus on this. A Conservative government introduced the net-zero target and our current Labour government was elected on a pledge to make Britain a clean energy "superpower". We must rediscover that consensus.

Britain has responded to immense challenges in its past and we can do the same again. Thousands of people have already donated £350,000 to our fundraiser.

People want to help. Now, we need the political will to match.

Hell on the h

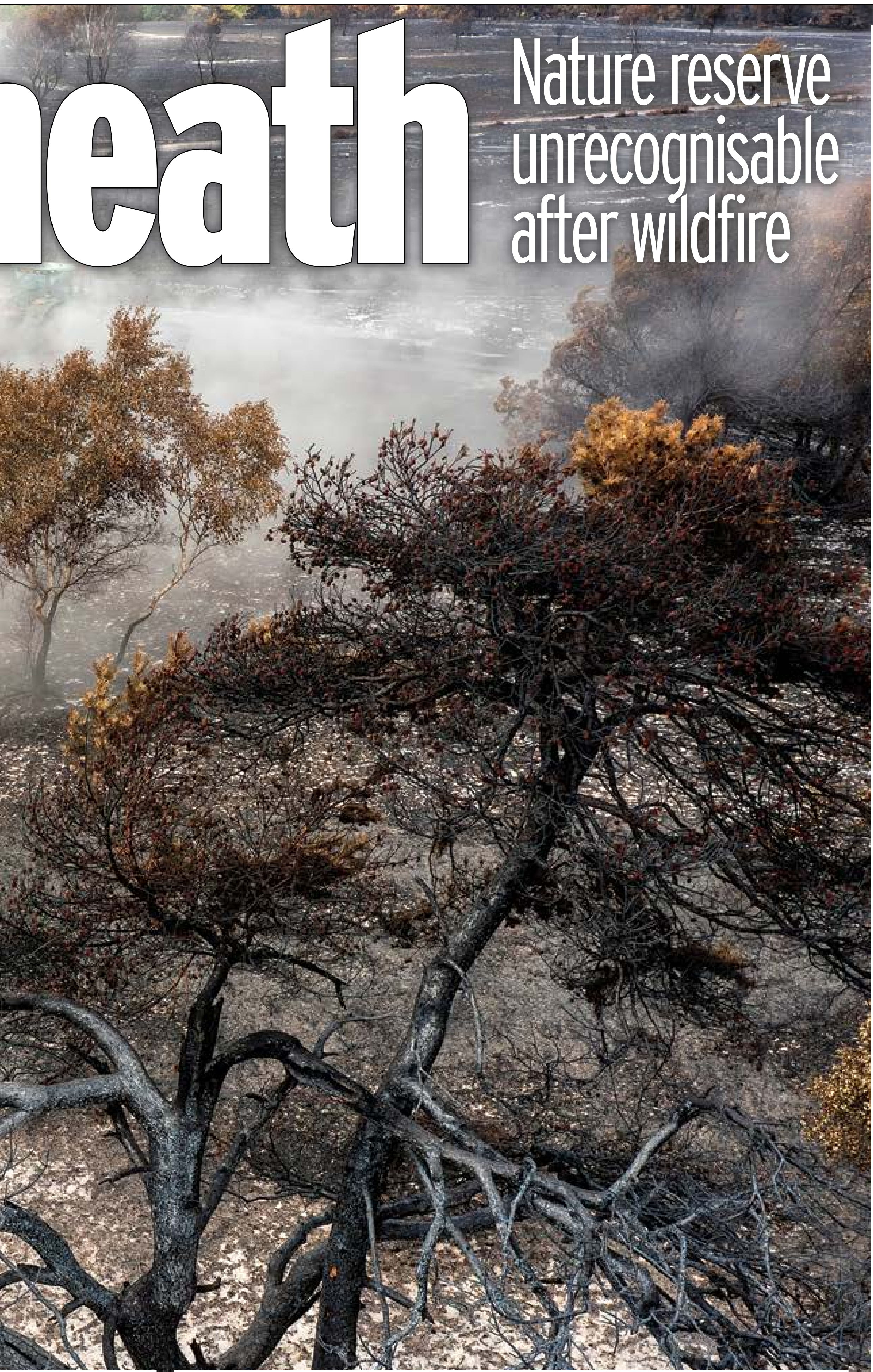
Devastating aftermath of wildfire on Dunwich Heath in Suffolk

Aerial view shows extent of scorched earth

Scarring of fire runs along the coastline

heath

Nature reserve unrecognisable after wildfire



EXCLUSIVE
BY **DOMINIC BLISS**

BLACK ash and charred vegetation can be seen for miles.

The stench of smoke and burnt plant life fills the air, while the tragic waste of flora and fauna brings a lump to one's throat.

It is truly a vision of Hell.

These images reveal the devastation on Dunwich Heath in Suffolk after a wildfire burned through 370 acres – equivalent to the size of 210 football pitches – of the National Trust reserve, starting on July 29.

Considered one of the UK's most important coastal heathland landscapes, trust bosses say it is now "unrecognisable".

After one of Britain's hottest and driest summers on record, the blaze was among the worst wildfires in living memory.

Suffolk Fire and Rescue Service had 120 firefighters battling the flames at one point, declaring the inferno a major incident.

Every one of the county's 35 fire stations sent crews to the scene over the last 10 days, with other counties supporting.

A firefighting helicopter was also deployed.

Matt Wilson, the trust's countryside manager for this area of Suffolk, said the blaze is now under control.

But he warned widespread smouldering hotspots occasionally flare up. He urged members of the public to avoid the area altogether.

> **"That iconic purple and pink display of heather would normally be in place at this time of year. That's the habitat most impacted by this fire**
>
> **MATT WILSON** OF THE NATIONAL TRUST ON RAVAGES OF THE FIRE

Mr Wilson, who witnessed the devastation close-up, said: "The ferocity and depth of the fire is unlike any wildfire I've seen before.

"The heather heathland has been entirely burnt in places. It's been so hot that we've had complete loss of all the layers of vegetation. It has scorched down to bare earth.

"It's the worst fire I've had to deal with professionally.

"I've spoken to a few of the crews and they have been surprised at the ferocity and how extensive the damage has been."

In normal times, Dunwich Heath is a beautiful part of Suffolk.

This area of coastal heath sits south of the village of Dunwich, with the North Sea to the east and forest to the west. It should be carpeted in flowering heather, with some woodland and wetland too.

Mr Wilson said: "That iconic purple and pink display of heather would normally be in place at this time of year. That's the habitat that has been most impacted by this fire."

Many trees were also destroyed, with flames leaping 40m (130ft) high in places. Sadder still is the impact on wildlife, as the heath forms part of a conservation area.

Resident birds such as Dartford warblers, nightjars and stonechats were able to fly to safety, while large mammals such as red deer and muntjacs mostly fled the area.

Mr Wilson was relieved local badger setts were not badly affected.

But he fears for butterflies and other insects in their larval stage, which would have perished.

He added: "We have a lot of reptiles on site such as adders, slow worms and common lizards. We get amphibians such as newts, frogs and toads. Voles, mice and field mice just can't move as quickly.

"Because of the pace and the ferocity of the fire, a lot of those won't be able to escape."

The lingering smell of smoke is overpowering and noticeable for miles around, Mr Wilson said.

Roads and public rights of way have been closed for now, including the neighbouring coastal path.

Locals will be asking how long before the vegetation and animal life might recover. But with damage so extreme, he is not yet confident enough to answer that question.

Like many forested areas, the heath was protected by fire breaks – wide gaps cleared through vegetation to stop flames spreading.

Less than a year ago, Mr Wilson consulted the fire service to ensure there were ample breaks. "But in the face of this fire, those haven't been effective enough," he admits. "The fire burnt through fire breaks as if they weren't there."

He visited the heath just before the fire broke out, recalling: "It was a completely different experience. Birdsong, butterflies on the wing, and I was pleased the heather was looking as good as it was. Then, this week, it looks like something out of a disaster movie."

In the meantime, a vast firefighting and clean-up operation goes on.

The trust has launched an emergency appeal, targeting at least £500,000 to restore the habitat.

Director-general Hilary McGrady said: "The work will involve everything from making the site safe to active habitat restoration.

"We'll need to make new visitor routes and facilities, and repair damage to buildings, to ensure people can enjoy the special landscape."

features@mirror.co.uk

VOICE OF THE MIRROR: PAGE 8

Reserve should be awash with bright heather

HOW YOU CAN HELP

THE National Trust has launched a £500,000 public appeal to restore Dunwich Heath, with funds directly supporting approximately two years of recovery work. To donate, click on QR code below.

SU WITHOUT AN 'E' POLLARD
WITH PAUL BOYD
FULLY CHARGED
UNIQUE, UNADULTERATED AND UTTERLY UNSTOPPABLE

The revealing and comical memoir of one of Britain's most iconic stars of stage and screen

AMAZON

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

André Rieu, Maastricht

Mirror TRAVEL *Escorted Tour*

Scan here
for more details and offers

4-DAY CONCERT BREAK NOW FROM
£797PP

SAVE 10%*
BOOK BY 30 SEP

André Rieu Concert in Maastricht by Eurostar

Departs **June** to **July 2027**

Enjoy a spectacular concert like no other courtesy of the Dutch maestro, André Rieu, in his idyllic hometown of Maastricht. Joined by his Johann Strauss Orchestra, choir and soloists – as well as celebrity guests – André takes to the stage for a series of his famous summer shows on Vrijthof Square. Experience the musical magic live, alongside visits to two of the Netherlands' cultural centres, with this unmissable city break.

Board the Eurostar at London St. Pancras for Brussels, and then by coach, for a journey into the Netherlands, and enjoy a taste of Dutch life with a three-night stay in Eindhoven, Veldhoven or Helmond. Take in Utrecht's marvellous architecture and captivating museums with an afternoon at leisure in the city. Explore historic Maastricht, nestled near the Belgian border, at your own pace or discover its beauty from the Meuse River with a private optional dinner cruise ahead of the break's undeniable concert highlight. Round out your tour with André Rieu at the magical Vrijthof Square for an extraordinary evening of the Dutchman's trademark showmanship.

Your tour at a glance...

- A €75 face-value seated ticket to see André Rieu and his Johann Strauss Orchestra
- Three nights' four-star accommodation at a carefully chosen bed-and-breakfast hotel in either Eindhoven, Veldhoven or Helmond
- Explore charming Maastricht and its pedestrianised cobbled streets and numerous shops, bars and cafes
- Spend time in glorious Utrecht, the birthplace of the Dutch Republic, and take in its impressive medieval architecture and canal
- Board a private optional cruise along the Meuse River and enjoy a two-course dinner with a welcome drink
- Local coach transfers throughout
- Return Eurostar rail travel from London St Pancras to Brussels
- The services of a friendly tour manager
- All mandatory local taxes and charges

Air packages available from £954pp

Call one of our friendly holiday planners on 0303 330 0894 Quoting MNC

newmarketholidays.co.uk/mnc

TERMS AND CONDITIONS: *Save 10% discount applies to select André Rieu's tour packages booked by 30 September 2026 and cannot be applied retrospectively to bookings already confirmed. Offer applies to select tours only and cannot be combined with any other offer. Exclusions apply. Prices shown include discount. Single supplements apply. Prices correct at time of print. Subject to availability and maybe withdrawn at any time. These holidays are organised and operated by Newmarket Holidays Ltd. ABTOT 5509. ATOL protected 2325. ABTA V7812.

Newmarket HOLIDAYS
Trustpilot ★★★★★ Excellent Based on more than 20,000 reviews
ABTOT Member 5509
2325 ATOL PROTECTED
ABTA Travel with confidence

GET MORE EACH DAY IN YOUR MIRROR:

MONDAY: HEALTH & BEAUTY
TUESDAY: SHOPPING & PETS
WEDNESDAY: MONEY
THURSDAY: TECH & MOTORING
FRIDAY: SHOPPING DEALS & REVIEWS
SATURDAY: TRAVEL, GARDENING & FOOD
SUNDAY: TRAVEL, GARDENING & REVIEWS

TALES FROM THE SET

Skye's the limit as McKenna stars with truly pawsome cast

Edited by
KATHRYN CRAVEN

We're slap bang in the middle of the kids' summer holidays, and it's probably right around now you're starting to run out of steam… sorry, ideas. Enter Paw Patrol: The Dino Movie for any younger members of your household. Among a voice cast including Snoop Dogg and Paris Hilton, who play married couple Dave and Nancy, plus Carter Young as Marshall and Rain Janjua as Chase, Young Sheldon star McKenna Grace, 20, takes a lead role as Skye, the first female member of the Paw Patrol.

She shared her excitement at being involved with the project on YouTube. "What I really hope to give to people with this movie is an experience with friends and family. When I think of going to the movies it's with my dad. And so getting to give somebody else that, I think it's so special. A shared experience."

In the film, the Paw Patrol crash-lands on a dinosaur-populated island and are thrown into a series of rescues. With the help of their new friend Rex, an athletic Bernese Mountain Dog and dino expert, they help save the endangered species from Mayor Humdinger's plan to mine the island for its resources.

> *'It's a blast to do something less serious and run around and yell'*

McKenna added: "It's so exciting to be voicing such an iconic character and to be a part of an incredible franchise that's a part of so many people's childhoods. It's a blast to do stuff for families and get to do something less serious and run around and yell.

"If it's your first-ever movie, I'd say bring your Paw Patrol merchandise, get ready for a fun adventure with dinosaurs... and what's important when you're going [to the cinema] for the first time is your popcorn."

And from the Paw Patrol to another Dogg, rap star Snoop, 54, had this to say about his appearance as a human character: "It's crazy they had me be a part of this movie and I don't get to play a dog. But I'm Snoop Dogg, so I get to be the best of both worlds."

In cinemas now

THRILLER
Anne and Ewan both star

COMING SOON

Anne Hathaway and Ewan McGregor discover staying alive is no walk in the Jurassic park in sci-fi survival thriller The End of Oak Street. Produced by JJ Abrams, the film also stars Nashville's Maisy Stella and Cocaine Bear's Christian Convery.

SHOPPING & REVIEWS

34 Film Reviews
36 Books
37 Podcasts
38 Cash Queen
41 TV Guide
48 Your Letters
PLUS Horoscopes
PLUS Puzzles

FUN ROLE *McKenna voices Skye in Paw Patrol: The Dino Movie*

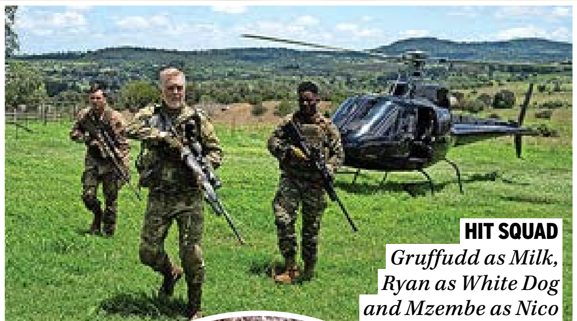
FILM YOUR NEXT WATCH

With **DAMON SMITH**

STAR RATINGS

★★★★★ Excellent
★★★★ Good
★★★ Worth a look
★★ Poor
★ Don't bother

SHARPSHOOTER THRILLER FAILS TO HIT TARGET



HIT SQUAD *Gruffudd as Milk, Ryan as White Dog and Mzembe as Nico*

FIRED UP *Mitchell as Hendricks*

TRIGGER HAPPY *Tim Roth as The Dragon*

SEVEN SNIPERS

CERT 15, SKY CINEMA/NOW ★★

Sandra Sciberras's sharp-shooting action thriller delivers exactly what it says on the dinted tin: seven marksmen and women stalking each other around an isolated Australian ranch and trading bullets at impressively long distances, sometimes shrouded in military camouflage.

Scriptwriter Andrew O'Keefe doesn't expend effort fleshing out characters when most are destined for fatal exit wounds in less than 90 minutes of sweat-speckled screen time.

At the centre of the chaos is mother and retired shooter Kris Hendricks (Radha Mitchell), whose call sign was Voodoo Child, a nod to her almost-namesake, Jimi Hendrix. Kris manages a ranch in Queensland and her biggest challenge appears to be weathering a storm of disdain from her 16-year-old daughter Anja (Annabel Wolfe).

An unexpected visitor to the property (Ryan Kwanten) fires warning shots, heralding the impending arrival of The Dragon (Tim Roth), whose personal connection to Kris is easy to deduce. She calls in help from former comrade White Dog (Damien Ryan) and a small team of protectors including Milk (Ioan Gruffudd) and Kaldayev (Bianca Wallace). Once they learn they are facing The Dragon, all manner of nastiness hits the fan.

Seven Snipers is moderately thrilling when director Sciberras stares through a telescopic sight at a staged action sequence but it's apparent that Kris's reinforcements are merely cannon fodder and the simple manner of characters' deaths becomes repetitive. The antagonistic mother-daughter dynamic, enthusiastically played by Mitchell and Wolfe, has an emotional payoff and O'Keefe's script hits that target squarely.

SUPER TROOPERS 3

CERT 15, IN CINEMAS NOW ★★

A second sequel to Jay Chandrasekhar's goofy 2001 comedy chronicling the misadventures and misfortunes of a troupe of hapless Vermont State Troopers is almost as criminally unfunny as its crude and xenophobic predecessor.

Subtitled Farva's Wedding, audiences should say "I don't" in the strongest possible terms to this misfiring caper that fails to channel the anarchic spirit of the Police Academy series.

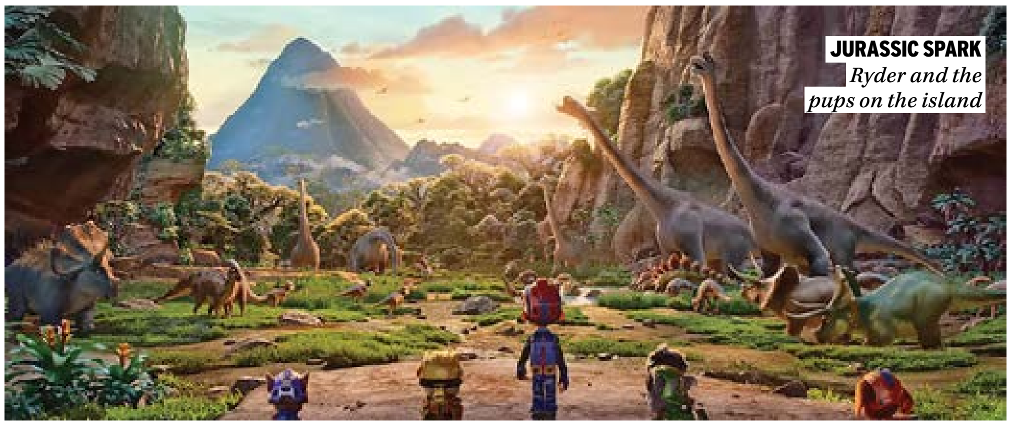
Farva (Kevin Heffernan) prepares for a lavish Indian wedding to Thorny's sister Sarita (Hannah Simone).

The bride's parents (Iqbal Theba, Sakina Jaffrey) fly in for the occasion but Thorny (Chandrasekhar) is in no mood for celebration. He is determined to break up the lovebirds, exploiting his position of power as Farva's best man to expose the groom's worst qualities. Fellow troopers Foster (Paul Soter), Mac (Steve Lemme) and Rabbit (Erik Stolhanske) and eager-to-please rookie Coy Burns (Andrew Dismukes) are caught in the crossfire of interdepartmental warfare.

It trades heavily on nostalgia for the original but my good will was exhausted well before the end credits rolled on the lamentable second film. A running joke about Captain Markowski (Nat Faxon) being racist flatlines a good hour before scriptwriters put the gag out of its misery.

Unnecessary physical humour with the groom's elephant at the wedding sparks queasy flashbacks to a protracted set piece in Sacha Baron Cohen's 2016 comedy The Brothers Grimsby. During a quieter moment between the moustachioed menaces, one officer wonders aloud: "Is it possible we're no longer the cool guys in our own story?" Without question.

BORE PATROL *The troopers are back for another misadventure*



JURASSIC SPARK *Ryder and the pups on the island*

PAW PATROL: THE DINO MOVIE

CERT U, IN CINEMAS NOW ★★★

No dino is too big, no pup is too small in a supersized feature film extension of the hugely popular PAW Patrol children's TV series, which goes for a fast-paced gallivant in the Jurassic park by uncovering a hidden island populated by prehistoric creatures.

Director Cal Brunker and co-writer Bob Barlen don't waste energy contriving a pseudoscientific explanation for the hulking beasts' existence when a lean 88-minute running time can be devoted to rip-roaring adventure on four and two legs.

Ryder (voiced by Henry Bolan) and PAW Patrol recruits Chase (Rain Janjua), Marshall (Carter Young), Rocky (William Desrosiers), Rubble (Lucien Duncan-Reid), Skye (Mckenna Grace) and Zuma (Nylan Parthipan) safely extinguish a fire on a boat and sail their floating HQ into a gathering storm that causes instruments on the bridge to malfunction.

The ship runs aground on an island filled with wonders long thought extinct, including herds of Brachiosaurus and Spinosaurus and a playful T-rex named Timmy who acts as a steed for shipwrecked pup Rex (Hayden Chamberlen). Alas, avaricious Mayor Humdinger (Ron Pardo) mines the island for uncut diamonds and carelessly reactivates a dormant volcano.

PAW Patrol: The Dino Movie is the most exciting and entertaining chapter of the tail-wagging saga to date with kinetic action sequences and sweet sentiment as Marshall learns the value of being the pup that never gives up.

Brunker's picture learns from the best – Toy Story 3 – about how to engineer heart-stopping jeopardy in a fiery final sequence. To quote Ryder before one daredevil rescue: buckle up pups!

WOOF AND READY *All eyes on Marshall*

GRIEVING *Anders Danielsen Lie as Sophia's father*

HEARTFELT *Emily Matthews and Glenn Close*

GRANDMOTHER KNOWS BEST

THE SUMMER BOOK

CERT PG, IN CINEMAS NOW ★★★

Opening with the striking image of jagged fragments of ice floating side by side in a coastal rock pool, The Summer Book thaws out reconciliation and healing in the aftermath of grief during an idyllic getaway in the Gulf of Finland.

Eight-time Oscar nominee Glenn Close lends her undimmable star power to director Charlie McDowell's gently paced adaptation of Tove Jansson's autobiographical novel, complemented by stunning images of Mother Nature in full bloom and fury courtesy of Norwegian cinematographer Sturla Brandth Grovlen.

Nine-year-old Sophia (Emily Matthews) reclines off the side of a boat as she travels to her family's rustic cabin on an unspoiled and remote island with her illustrator father (Anders Danielsen Lie) and grandmother (Close), whose coughs and splutters suggest this may be the final summer they all spend together.

The angelic tyke surveys her seaweed-strewn kingdom from the rocks as her father removes wooden shutters that cocoon the cabin and stumbles upon a ribboned sunhat belonging to his late wife.

"I'll find somewhere," tenderly assures the grandmother, removing the headwear from sight.

The intergenerational clan's first visit since death encroached on Sophia's childhood is soaked in painful reminiscence.

"He doesn't love me any more since she died," mournfully professes the girl to her grandmother, hidden beneath a blanket. The worldly-wise matriarch assures her granddaughter that she is wrong and later, the grey-haired protector urges the father to try harder to ensure he doesn't lose his daughter as well in this time of darkness and regret.

"I won't be here forever," she reminds him with a greater sense of urgency than ever before as the summer solstice approaches and neighbour Eriksson (Ingvar Sigurdsson) delivers a box of fireworks that need to dry out in time for the summer solstice.

Drawing inspiration from the life of author Jansson, best known for writing and illustrating The Moomins, The Summer Book is a pleasantly old-fashioned study of a universal rite of passage that leaves indelible scars at any age.

Close's perpetually cheery grandmother acts as a mediator in Robert Jones's script, sharing her love of nature with Sophia as moss springs deliciously underfoot or shoals of little fish skitter beneath the surface of sun-lit water.

Close's heartfelt performance dominates and she catalyses a lovely rapport with acting debutante Matthews in their tender and poignant exchanges.

Danielsen Lie's widower lingers in the background until clearly telegraphed dramatic necessity forces him to step up.

A tinkling piano-led orchestral score by composer Hania Rani occasionally intrudes where ambient noise might feel more organic and impactful but McDowell's picture generally adopts a "less is more" approach to the characters' self-reflection.

Like the frozen fractal mosaic at the beginning of the film, precious time spent with the people we love melts away too quickly.

HIT AND THE ROAD *Ryan Foust, Kylr Coffman and Mason Thames, and Green Day*

NIMRODS: A GREEN DAY COMEDY

CERT 15, IN CINEMAS FROM TUESDAY ★★★

Prefaced by a light-hearted introduction from Green Day lead singer and guitarist Billie Joe Armstrong, Nimrods is "a film about having big dreams and following your heart" inspired by the rock outfit's early days.

Writer-director Lee Kirk's freewheeling road trip nods playfully to coming-of-age comedies including Ferris Bueller's Day Off, soundtracked by more than 20 songs from the band's back catalogue including When I Come Around and Basket Case.

Tommy (Mason Thames) cannot contain his excitement when he receives a phone call from Green Day drummer Tré Cool inviting the teenager's band, Analog Dogs, to open a New Year's Eve concert in LA.

The life-changing opportunity is a prank devised by Tommy's older brother, Wayne (Keen Ruffalo), and the younger sibling falls for the preposterous ruse.

Tommy steals Wayne's car – a yellow taxi – to drive bandmates Chad (Ryan Foust) and Fred (Kylr Coffman) from Kansas City to the gig.

En route, the trio perform a cover version of Dominated Love Slave in a battle of the bands competition at a rowdy country and western roadside bar and Tommy enjoys a meet-cute with free-spirited songbird Olivia (Mckenna Grace).

Taking its title from the band's 1997 album, Nimrods is an effervescent celebration of carefree and chaotic youth which crescendos, predictably, with a live concert performance.

"We're teenagers, we have nothing but choices!" urges Tommy during an early scene.

Thames doesn't have to strum hard to tether our affections to his likable hero and Kirk's script hits the right notes to solidify brotherly bonds on and off the road.

BOOKS YOUR NEXT READ

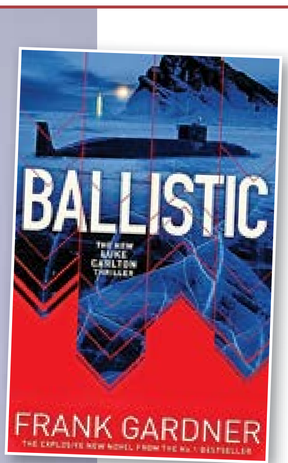
With **HANNAH STEPHENSON**

AUTHOR OF THE WEEK

Frank Gardner

The BBC journalist talks about his wildlife adventures and his fifth Luke Carlton novel

REALITY ANCHOR
Frank keeps it authentic


BALLISTIC
THE NEW LUKE CARLTON THRILLER
FRANK GARDNER
THE EXPLOSIVE NEW NOVEL FROM THE No.1 BESTSELLER

BBC security correspondent Frank Gardner has, until recently, been living out of hotels and staying with friends after the lift to his top-floor apartment broke. "It is frustrating being wheelchair-based. I don't like the expression 'wheelchair-bound' because I ski, scuba-dive and drive, so I'm not wheelchair-bound.

"But there are so many things that I can't do because of the wheelchair."

Now the lifts are working again, he's back in his London flat, which offers a view of the Thames, but says he's going to have to move out for practical reasons.

The award-winning journalist, a Middle East expert who continues to report on domestic and international security, defence and terrorism, was part paralysed in 2004 when he and his cameraman, Simon Cumbers, were ambushed by al-Qaeda terrorists in Riyadh, Saudi Arabia. Cumbers was killed, with Frank shot six times and left for dead.

After 14 operations, he returned to active news reporting within a year, but today says that he still endures horrific pain from the spinal injuries he suffered, leaving him paralysed from the knees down and with a stoma bag.

"I have pain in my left leg. It's a kind of sciatic pain from my injuries and no drugs, surgery, nothing has worked.

"Sometimes it feels like someone is taking a mallet to the inside of my knee."

Looking back at the day that changed his life, Frank recalls how he and Simon had joined two Saudi government minders who wanted to show the BBC team around the area but unwittingly took them to a really dangerous location, with no armed escort.

Six of al-Qaeda's core members were driving past when they saw Frank and Simon doing a piece to camera – and the shooting began. Later, police turned up and took Frank to hospital.

> *'I'd throw it all away in an instant, not to have been shot'*

Frank, 65, who has lived in Egypt, Bahrain and explored many parts of Saudi Arabia, continues with his BBC job, but has also found time to write a series of page-turning topical thrillers involving MI6 operative Luke Carlton.

His fifth, Ballistic, finds one of Russia's most advanced nuclear submarines beneath Arctic waters carrying something that could change the world forever. The plot involves Carlton helping a Russian spy who knows about the submarine to get across the border into Finland, teaming up with a tough female Finnish special forces officer.

Frank manages to weave in a huge amount of background fact into his fictional page-turner. "With all my novels, I try to anchor them in reality," he says.

"I find the milieu in which I do my day job as security correspondent endlessly fascinating and I meet very interesting people who, in some cases, are privy to all sorts of information that they're never going to share with me. But you have a feel for what their lives must be like operating in the shadows, whether they are special forces or spooks or counter-terrorism police or whatever."

He uses his vast knowledge to keep his settings authentic and spoke to retired officers with extensive naval experience.

Carlton is not 007, but the world in which he surrounds himself has a touch of that. "Carlton is quite an intelligent guy," he says. Is Frank living through him vicariously? "A little bit," he says smiling. "I don't pretend that I am him because for a start he's not in a wheelchair and secondly, more importantly, I was never in Special Forces and he spent 12 years in the Royal Marines."

Frank, who divorced his wife Amanda in 2019 after 22 years and is now in another relationship, won't discuss his private life – although he stresses that the divorce was amicable. He acknowledges that his job affected family life, being sent at no notice across the globe, never knowing how long he'd be away.

"Being a foreign correspondent is quite a self-absorbing job. You need a very understanding and patient partner. Often some of the best relationships work when both people are in foreign news because they know what to expect.

"After two years in Cairo, my wife at the time said, 'We've had enough'. Our girls were very small and were often sick. The food wasn't good and the air's polluted."

He does have regrets, especially taking that fateful trip in Riyadh. "People say, 'Yes, but think of what you've done since'. I'd throw it all away in an instant, not to have been shot. Most importantly, Simon Cumbers, my cameraman, was murdered. That robs his family of a life."

He's realistic in his vision of a long-term prognosis for his injuries. "I like to joke that I think they will find a cure for my level of spinal cord injury when I reach about 90. So I might have a couple of weeks of walking. I'll be the fittest 90-year-old you've ever seen."

Away from work, Frank has taken up nature photography, venturing to India to see tigers, kayaking in Antarctica to look at humpback whales – and would love to see polar bears and walruses in the Svalbard and jaguars in Brazil.

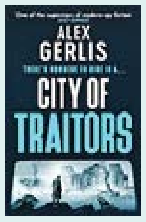
Might he move from security correspondent to wildlife film-maker? "Sir David Attenborough is irreplaceable," he states, "but if somebody was to offer me a similar role, I'd be tempted."

NOT GOING BALLISTIC
Frank says his creation is not an 007 type

Ballistic by Frank Gardner is published by Bantam, priced £20. Available now.

FOUR NEW BOOKS TO READ THIS WEEK

With **MATT NIXSON** *and* **DAVID PHILLIPS**



CITY OF TRAITORS

BY ALEX GERLIS, HARDBACK, £18.99

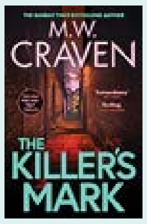
Set over half a dozen countries with a sprawling cast of characters both fictional and real, City of Traitors brilliantly captures the geo-political jostling over control of Europe that accompanied the latter stages of the Second World War.

Gerlis is the maestro of multiple story strands expertly woven together into a thrilling, satisfying read.

At its heart is "Archie", a British Soviet agent feeding information to the UK and Russia but doubting who his real masters are.

Seven men are suspected of being the traitor, but waiting for the spy to reveal themselves with a mistake has borne no fruit.

Now as the Red Army approaches Germany from the East and the Allies from the West, the stage is set for a dramatic showdown amid the rubble of Berlin. Pulse-raisingly brilliant. 9/10



THE KILLER'S MARK

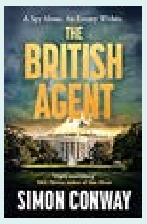
BY M W CRAVEN, HARDBACK, £22

Having left the National Crime Agency, Washington Poe and Tilly Bradshaw have gone freelance – "gumshoes for hire" reads the sign on their Carlisle office door. But clients have proved hard to come by, not least because of Poe's idiosyncratic manner.

So when foul-mouthed 15-year-old Esmerée Blue turns up looking for her missing mother, presumed dead but now identified in a porn film by a tattoo on the sole of her foot, they take the case.

Five years earlier a horrifying secret hidden within a tamper-proof safe unleashed a huge investigation and Poe and Tilly – the most unconventionally entertaining duo in crime writing – are unwittingly sucked into the fallout.

Murder, mayhem and Triads ensue in the eighth and best novel in the million-selling series. Craven's trademark mix of dark humour and drama is so addictive it should come with a health warning. 9/10



THE BRITISH AGENT

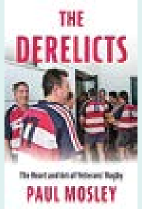
BY SIMON CONWAY, HARDBACK, £16.99

Dispatched to Ukraine to investigate the end destination of sophisticated British weapons sent to the embattled country and feared trafficked to third parties, MI6 operative Agent Chuff is ambushed and three lethal Starstreak man-portable-air-defence-system missiles are stolen.

She must track them down before they can be used to commit an atrocity in the US – sending her undercover on a mission that takes in conspiracy theorists, insurrectionists and Washington spymasters. And Chuff must outwit them all to survive.

So kicks off this extraordinarily believable, globe-spanning thriller from former Army officer, weapons experts and aid worker Simon Conway.

If thrillers are your thing, The British Agent is perfect summer reading. The pace never lets up and this is weapons grade brilliance packed between two covers that threatens to explode at any moment. 8/10



THE DERELICTS: THE HEART AND ART OF VETERANS' RUGBY

BY PAUL MOSLEY, PAPERBACK, £10.99

Debut author Paul Mosley's achingly funny and compelling book is a paean not just to veterans' rugby but to all team sports. It will resonate with anyone who has played – or knows anyone who has played – amateur sport when clearly past their sell-by date.

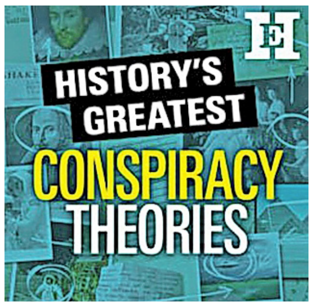
The narrative arc is the Derelicts' stumbling progress through a season of muddy mismatches, but the glory is in the detail – the cast of characters and Mosley's relatable descriptions of them, such as "half-man, half-Guinness". True comrade banter, and delivered with a rich turn of phrase and a facility with language and metaphor that belies the author's own career as a lumbering prop forward.

All aspects are touched upon, from the nightmare of losing your players to a senior side just before kickoff to the pre-match application of oils to preserve aged bodies. Highly recommended. 8/10

PODCASTS NOW HEAR THIS

With **KAY HARRISON**

ROYAL SERIAL KILLER BELIEVE IT... OR NOT



STAB IN THE DARK *Was Prince Albert Victor Jack the Ripper?*

HISTORY'S GREATEST CONSPIRACY THEORIES

Elizabeth II was a shape-shifting lizard and Elvis lives somewhere on our flat planet. Don't let the truth get in the way of a good conspiracy theory, right?

Some have stuck around for centuries, so there's plenty of material for season three of History's Greatest Conspiracy Theories, which is tackling six of the most persistent, with a jolly cast of experts to separate fact from utter idiocy.

First up, also playing into our love of a royal scandal: was an heir to the throne a serial killer?

Chirpy host Rob Attar quizzes crime historian Dr Drew Gray, author of Dark London, over the suggestion Queen Victoria's partying grandson was Jack the Ripper, behind the murders of at least five women in 1888.

"There's no smoking gun or dripping knife, so it does allow for a lot of speculation," Dr Gray admits. Some people even reckon the Ripper was a she, a time traveller testing out surgical tools, or Lewis Carroll, confessing to readers using anagrams hidden inside his books.

But TV and films are unquestionably guilty of popularising the idea Prince Albert 'Eddy' Victor – second in line to the throne – was behind it all, with From Hell, starring Johnny Depp, and Michael Caine's Ripper series getting under our skin. There's even a new movie incoming, Black Palace, centred around the royal cover-up story.

Sadly for believers, the Prince does seem to have an alibi more cast iron than Pizza Express.

Expect great insight – the show is produced by History Extra, home of those "History's Greatest" podcasts (Leaders, Cities, Battles, Scandals, Dishes).

Other theories put to the test include Jesus Christ having secret children with Mary Magdalene, whose descendants live among us (thank you, Dan Brown), an alien spacecraft crash-landing in Siberia in 1908, causing the mysterious explosion known as the Tunguska Event, and, my favourite, the belief Paul McCartney died in a car crash in the 1960s and was replaced by a lookalike. Steven Cockcroft, co-host of Beatles podcast Nothing is Real, has one or two things to say on that subject.

It's also a curious gaze into our own brains, and why we enjoy, and can get a little obsessed with, such wild old theories.

TWO OF US? *Real Macca*

GANGSTER: THE STORY OF THE MILKMAN

BBC
GANGSTER
THE STORY OF THE MILKMAN

Big-time crime and its bigger characters are an undying source of fascination – and pod fodder. BBC 5 Live's Gangster series does a thorough job investigating our criminal underworld, having already covered great train robber Ronnie Biggs and black widow Linda Calvey.

Britain's biggest cocaine trafficker, Brian Brendan Wright, gets the treatment this time, with a story that is both enthralling and galling. Called the Milkman because he always delivered, he built a respectable life within racing circles, and was a fugitive for more than a decade.

Livvy Haydock is back to speak to cartel insiders, tracing how mind-scrambling amounts of cocaine came from Colombia to our coast. And the series doesn't shy from grim realities, hearing from the sister of late Radio 4 presenter Bill Frost, who spiralled into addiction.

BRITISH PODCAST AWARDS

BRITISH PODCAST AWARDS

With two months to go until the awards every podcaster wants, the Listeners' Choice top 20 shortlist has been announced, where you have the power. And we'll see if Ant and Dec resume their habit of winning all the things, with Hanging Out in the running.

The list is groaning with celeb pairings, including Jo Whiley and Zoe Ball for Dig It, Strictly couple Gemma Atkinson and Gorka Márquez for Lost In Translation and Dr Amir Khan and Cherry Healey for No Appointment Necessary. Other contenders include Yoto Daily (which gets the vote from run-ragged parents), Dish from Waitrose, Olivia's House, Table Manners, Twinhood, Hard Launch with Dan and Phil and last year's winners, Betwixt The Sheets. View the full list and vote via Spotify's app until August 28, with the ceremony at Indigo at London's O2 in October.

EVERY SATURDAY AND SUNDAY
INSIDE YOUR WEEKEND MAGAZINES
8 PAGES OF PUZZLES...
AND BRAIN TEASERS
FOUR BY FOUR
FAMOUS FACE
£250 CROSSWORD

INSIDE THIS WEEKEND'S
DAILY Mirror
SUNDAY Mirror

WOMEN'S FOOTBALL NEWS
BATLLE READY
INSIDE
YOUR ESSENTIAL GUIDE TO WOMEN'S FOOTBALL

ONLY £3.50

ORDER YOUR COPY TODAY AT REACHSHOPS.CO.UK/WOMENSFOOTBALL

AVAILABLE TO PURCHASE IN PARTICIPATING SUPERMARKETS, HIGH STREET RETAILERS AND INDEPENDENT NEWSAGENTS. ONLINE PURCHASE PRICE EXCLUDES P&P. SEE WEBSITE FOR DETAILS.

SCAN HERE

SUMMER. GARDEN

Reader Offer in partnership with Yimbly.com

TIMELESS WOODEN GARDEN BENCH

Now £129.99 was £159.99

Save 18%

Scan to order online

Enjoy more time outdoors with this beautifully crafted three-seater garden bench. Made from durable acacia hardwood, it combines natural character with a timeless design that complements both traditional and contemporary gardens. The generous seating provides plenty of room to relax with family or friends, whether you're enjoying a morning coffee, an afternoon in the sunshine, or simply taking in your surroundings.

Naturally water resistant, acacia hardwood is well suited to outdoor use and offers lasting durability throughout the seasons. The warm wood finish and clean lines create an understated look that sits comfortably on patios, lawns, or beneath a favourite tree. Practical, comfortable, and designed for everyday outdoor living, this bench provides a welcoming place to pause and enjoy your garden.

- ✓ Classic 3-seater bench
- ✓ Made with Acacia wood
- ✓ Partial self-assembly required
- ✓ Dimensions: H90 x W62.5 x L149.5

yimbly.com/Offer19 Quote **Offer19** Offer ends 1st September

UK Customer Service 0161 444 9879 | Now Open 7 Days a Week

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot ★★★★★

CASH QUEEN

BE A SAVVY SHOPPER

Edited by **LAURETTE ZIEMER**

Life's a picnic this summer

NIBBLES & DIPS

SENSATIONS THAI SWEET CHILLI CRISPS (150G), *Ocado, £2.50, 3 for £5* *SAVE: £2.50*

HOUMOUS (200G), *Iceland, £1.85, 6 for £10* *SAVE: £1.10*

GUACAMOLE DIP (180G), *Sainsbury's, £3.25, 3 for £8 with Nectar* *SAVE: £1.75*

KP UNSALTED PEANUTS (250G), *Morrisons, was £3.25, now £2.75* *SAVE: 50p*

M&S SPANISH PITTED MANZANILLA OLIVES (157G), *Marks & Spencer, £4, 2 for £7* *SAVE: £1*

TIPPLES

LA VIEILLE FERME ROSE (750ML), *Tesco, £9, £7.25 with Clubcard* *SAVE: £1.75*

BAREFOOT BUTTERY CHARDONNAY (750ML), *Sainsbury's, £8.50, £7.25 with Nectar* *SAVE: £1.25*

KYLIE PROSECCO (75CL), *Asda, £8.50, 3 for £20* *SAVE: £5.50*

TAKE 5 SUNFLOWERS

1 **LEGO Creator Sunflowers** *£13, Argos* **Best for...** hobbies

2 **Artsy Doormat** *£19.99, Robert Dyas* **Best for...** muddy shoes

3 **Ceramic Plant Pot** *£15, Oliver Bonas* **Best for...** indoor plants

4 **Sunflower Dress (0 to 23 months),** *£2, Matalan* **Best for...** babies

5 **Food Cover (35cm)** *£11, John Lewis* **Best for...** alfresco dining

BUDGET OR BUST: DECK CHAIR

SAVVY

Habitat Wooden Mr Fox Deck Chair
£28.38, Argos

SPEND

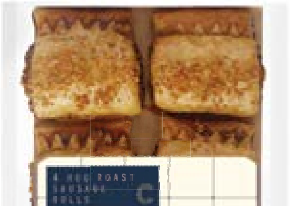
GoodHome Striped Deck Chair
£45, B&Q

SPLURGE

Crossland Grove Riviera Navy Stripe Chair
£57.99, Robert Dyas

Day trips, evenings in the park, even sitting in the back garden are all perfect occasions for a shimmering summer picnic. Grab a blanket, the wine, a cooler and some foldaway chairs and stock up on your favourite goodies. It needn't break the bank. Here are 20 ideas to get you started

SAVOURY



HOG ROAST SAUSAGE ROLLS (4),
Marks & Spencer, £3.85, 3 for £8
SAVE: £3.55

10 MINI CHICKEN SATAY (100G),
Iceland, £2.35, 6 for £10
SAVE: £4.10

HIGGIDY BEECHWOOD SMOKED BACON & CHEDDAR QUICHE (400G),
Ocado, was £4.60, now £3.50
SAVE: £1.10

FINEST ROASTED VEG TORTILLA (250G),
Tesco, £3.50, 3 for £8 with Clubcard
SAVE: £2.50

CUMBERLAND PICNIC EGGS (200G),
Waitrose, £3.75, 3 for £8
SAVE: £3.25

SWEETS

CADBURY RASPBERRY MINI ROLLS (10 PACK),
Asda, was £3.94, now £2.50
SAVE: £1.44

MR KIPLING 6 VIENNESE WHIRLS,
Morrisons, was £2.50, now £1.25
SAVE: £1.25

IRRESISTIBLE STRAWBERRIES (227G),
Co-op, £2.75, 2 for £4.50
SAVE: £1

MINI CHOCOLATE SEA SALT CARMEL TARTS (184G),
Marks & Spencer, was £4, now £3.40
SAVE: 60p

WAIKIKI MELON,
Tesco, £4, £3 with Clubcard
SAVE: £1

STRONGBOW ORIGINAL CIDER (18X440ML),
Ocado, was £16.75, now £12.50
SAVE: £4.25

KRONENBOURG 1664 LAGER (15X440ML),
Lidl, £15.49, £11.99 with Lidl Plus
SAVE: £3.50

*ALL PRICES CORRECT AT TIME OF GOING TO PRESS

TOP 10 LOTIONS & POTIONS

HER

Sure Women Bright Bouquet Deodorant (250ml) Co-op, was £4.30, now £2.85
SAVE: £1.45

Rimmel 60 Seconds Nail Polish Superdrug, £3.99, 3 for 2
SAVE: £3.99

Soap & Glory Body Wash (500ml) Boots, was £8.99, now £8.09
SAVE: 90p

Weleda Skin Food (100ml) Marks & Spencer, was £16, now £9.60
SAVE: £6.40

Benetint Rose Tinted Lip & Cheek Stain Sephora, was £25, now £15 (plus gift)
SAVE: £10

HIM

Versace Men's Mini Gift Set Superdrug, was £30, now £24
SAVE: £6

Clarins Men Super Moisture Balm (50ml) John Lewis, was £34, now £27.20
SAVE: £6.80

Dove Men Body & Face Wash (250ml) Co-op, was £3.15, now £2
SAVE: £1.15

Lynx Dark Temptation Deodorant Body Spray Boots, was £5.95, now £3.97
SAVE: £1.98

NutrifEYE Patches Marks & Spencer, was £22, now £13.20
SAVE: £8.80

GRAB IT

Get your holiday reads for less with Richard Madeley and Judy Finnigan's book club picks – now available as a half-price bundle from TGJones. From intense court room dramas to hilarious debut thrillers, the six-book bundle is now available online for just £30.94 – down from £61.94 – until September 23.

If you want just the one book still enjoy half-price savings on the likes of The Widow by John Grisham (was £10.99, now £5.49) and Boleyn Traitor by Philippa Gregory (was £9.99, now £4.99).

CLICK & BUILD

Iconic construction brand Meccano enters a new chapter with two advanced sets available exclusively at The Entertainer, in partnership with Aston Martin Aramco and Ducati. Available online now via thetoyshop.com enjoy building the Pro Ducati Monster Motorbike (£40) or the lavish limited edition Pro Aston Martin Aramco Formula One Race Car (£200).

STOCK UP

Aldi has launched its latest budget friendly pet range, purr-fect for spoiling our four-legged friends. With toys and treats for both dogs and cats, prices start from just £1.29, what's not to love? The range, which lands nationwide from August 9, includes Scented Plush Dog Toys which include a cute crab, (£2.99), a cat scratcher with catnip (£4.99) and a Wiggle Buddy ball (£4.99).

WHAT'S NEW

For a spot of summer luxury, Nespresso has unveiled a duo of classy coffee-pod flavours for the summer. Vanilla Yuzu (77p capsule price) has a Japanese twist while Coconut Vanilla (55p capsule price) is Latin American with a tropical twist. Best enjoyed over ice.

Check out nespresso.com and Nespresso boutiques nationwide.

DMIST

SUMMER.
GARDEN

Reader Offer
in partnership with **Yimbly.com**

BIG ON STORAGE. EASY ON CLUTTER.

Now
£265
was £335

Save
£70

Scan to
order online

Large double doors
for better access

Lockable doors ensure your tools
are safely stored

Keep your garden organised and clutter-free with this spacious 6x8ft metal storage shed, designed to provide dependable protection for tools, outdoor equipment, bicycles, and seasonal essentials. Finished in a modern black colour, it combines generous storage capacity with durable construction, helping you create a tidier, more functional outdoor space throughout the year.

EVERYTHING IN ITS PLACE

The large interior offers plenty of room for lawnmowers, gardening tools, outdoor furniture, DIY equipment, and household items, making it easy to keep everything neatly organised and within reach. Wide double doors provide convenient access for larger equipment, while the lockable design allows you to fit your own padlock for extra security and reassurance.

BUILT TO STAND THE SEASONS

Constructed from colour-coated steel with galvanised steel reinforcement, this shed is engineered to withstand changing weather conditions while remaining strong, stable, and low maintenance. Two integrated ventilation openings encourage airflow to help reduce moisture and condensation, creating a drier environment for stored belongings. An included foundation provides additional structural support, helping ensure a stable installation and long-lasting performance.

A SMARTER STORAGE SOLUTION

Designed to make everyday organisation simple, this versatile shed keeps bulky items safely out of sight while freeing up valuable outdoor space. Combining robust construction, secure storage, and practical features, it's an ideal choice for homeowners looking for a durable, weather-resistant storage solution that helps keep gardens, patios, and backyards looking their best all year round.

- ✓ Ideal for storing garden tools, bicycles, outdoor furniture and more
- ✓ Lockable doors (padlock not included)
- ✓ Two air vents improve airflow and reduce moisture
- ✓ Foundation included
- ✓ Made with durable weather resistant steel for long-lasting use
- ✓ Self-assembly required: 2 people recommended
- ✓ Dimensions: H185 x W231 x D190cm

yimbly.com/Offer8 Quote **Offer8** Offer ends 1st September

UK Customer Service 0161 444 9879 | **Now Open 7 Days a Week**

VISA PayPal Pay G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot

TODAY'S TV ONES TO WATCH

by **MIKE WARD** *TV critic*

EFL CUP LIVE, ITV1, 7.30PM

YES, football is back. Proper football, not like the World Cup, with all that horrid commercialisation. First up, hosted by Mark Pougatch, above, we have Middlesbrough v Wrexham in round one of the EFL Cup. Also known as the Carabao Cup.

Which was previously the Capital One Cup, known before that as the Carling Cup, known before that as the Worthington Cup, known before that as the Coca-Cola Cup, known before that as the Rumbelows Cup, known before that as the Littlewoods Challenge Cup, known before that as the Milk Cup, and known before that as (how ridiculous is this one?) the Football League Cup.

CORSICA: JEWEL OF THE MEDITERRANEAN 5, 8PM

ONE of the people we meet in this lovely programme (you know it's going to be lovely because it's narrated by Joanna Lumley) is Hubert Boursie, a Paris-born art restorer who's working on repairs to a monument to Napoleon Bonaparte, Corsica's most famous son.

Listening to Hubert explain his craft is fascinating. It's also handy if you want to brush up your French.

For example, I now know the French for: "I'm going to remove this layer with a very fine sandblasting."

Bound to come in handy on my hols.

Pick of the day

SURGERY SECRETS OF THE SUPER RICH, CHANNEL 4 8PM

SMOOTH TALKING *Nabeel pays £1,000 each month for treatments*

HIGH PRICE OF PAYING LIP SERVICE

OUT for drinks with a couple of mates, bride-to-be Hannah can hardly stop smiling. "Do you notice anything different?" she asks them. And which of these replies do you suppose they give her?

1) Nope. You look the same as normal.
2) Yes, you've brought a Channel 4 film crew with you.
(3) Is it lips or something?

The answer, as you'll see if you watch Surgery Secrets' latest episode, is three. Which isn't great, because it's wrong, but at least it's better than answers one and two.

Hannah has actually had a liquid nose job ("Oh, my God! I see it! It looks really good! So subtle!").

That, plus a facial thread lift. And she's very pleased with the results. She considers it £2,250 well spent.

In Cheshire, 51-year-old property investor Nabeel feels the same about the £1,000 he forks out each month on facials, massages, lasers and advanced radio-frequency micro-needling, paired with chicken-derived exosomes (which, before you ask, are "microscopic messengers" that repair DNA and stimulate collagen).

And would you like to know why he spends that much?

"If I go into a meeting, with my bank manager or a very powerful person, a billionaire," he tells us, "I want to show him I've got self-discipline." Fair enough.

"You look after yourself physically, mentally, emotionally, spiritually and aesthetically, it shows you've got self-control. You love yourself and you take care of yourself, and that's what you'll do with the investor's money."

The most surprising case study of the episode is that of Zara, 35, an award-winning dental hygienist who's unhappy with her own smile. She thinks it's too gummy.

It's surprising for two reasons. The first is the procedure she's having, gum contouring, reveals she has taller teeth than she ever knew. The surplus gum has been covering this up. It won't be doing that much longer.

And the second thing I'm surprised about? I had no idea that being a dental hygienist can actually win you awards. I must tell my own hygienist next time I see her.

"Ig hoo ho hoo han rin a roars?" I'll say.

BEST LIFESTYLE

BARGAIN HUNT: 20 YEARS OF THE ONE SHOW BBC1, 12.15PM

Danny Sebastian visits The One Show studio to meet anchors Alex Jones and Roman Kemp to learn all about their love of antiques and collectibles.

BEST DOC

OUR LIVES BBC1, 7.30PM

A group of women of a certain age form a punk band. That's the plot of the hit drama Riot Women, but it's also the experience of six Newport women and their band NaNaz.

BEST DRAMA

BERGERAC BBC2, 9PM

The investigation is threatening to turn into a battle of wills between Jim (Damien Molony) and Arthur Wakefield (Philip Glenister), and it's growing more intense.

BEST SITCOM

ANN DROID BBC1, 9.30PM

Sue (Sue Johnston) tries to build bridges by asking son Michael and Renee for dinner. Can robot carer Linda (Diane Morgan) avert disaster by dropping a bombshell?

TODAY'S PREVIEWS ARE ON THE PREVIOUS PAGE

FILM RATINGS

★★★★★ BRILLIANT
★★★★ VERY GOOD
★★★ GOOD
★★ AVERAGE
★ BAD

(R) REPEAT

ALL PROGRAMMES ARE LISTED IN BRITISH SUMMER TIME (BST).

BBC One

6.00am Breakfast News headlines.
9.30 Animal Park At Longleat. (R)
10.15 Trace, Track, Get My Car Back Tracker Richard follows expensive farmyard vehicles to a scrapyard. (R)
10.45 Expert Witness How a UK fibre specialist brought closure to a long-running murder investigation in Australia. (R)
11.15 Homes Under the Hammer Properties in Carlisle, Stoke and Essex are featured. (R)
12.15pm Bargain Hunt: 20 Years of The One Show The One Show presenters battle it out.
1.00 BBC News at One; Weather
2.00 The Hairdresser Mysteries Lily has a hairstyle emergency and a murder case to solve.
2.45 Escape to the Country A home in Cornwall. (R)
3.45 The Bidding Room Nigel Havers presents.
4.30 The Answer Run Quiz.
5.15 Pointless Alexander Armstrong is joined by co-host Konnie Huq. (R)
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.30am Money for Nothing (R)
7.15 The Bidding Room (R)
8.00 Sign Zone: Marcus Wareing Simply Provence (R)
9.00 BBC News Headlines.
1.00pm Richard Osman's House of Games Gameshow. (R)
1.30 The Finish Line Quiz. (R)
2.15 Do You Know Your Place? Anneka Rice, Shane Todd and Remi Burgz take on a Coleraine challenge. (R)
2.45 The Hairy Bikers' Bakeation The duo's baking odyssey ends in northern Spain. (R)
3.45 The Farmers' Country Showdown Cattle farmers compete at the Westmorland County Show in Cumbria. (R)
4.30 Vintage Antiques Roadshow The team visits Clitheroe, Lancashire. (R)
5.15 Flog It! From Haddon Hall in Derbyshire. (R)
6.00 Richard Osman's House of Games Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot take part. (R)
6.30 Just One Thing A look at the benefits of eating beetroot. (R)

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
1.30pm ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his dealer den visit Newport. (R)
3.00 Deal or No Deal Ronnie tries to open the 22 red boxes in the right order. (R)
3.59 Regional Weather
4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (R)
5.00 The Chase Contestants Yung Yung, Comghal, Samantha and Adam answer general knowledge questions and work as a team to take on one of the ruthless Chasers. (R)
6.00 Regional News; Weather

Channel 4

6.30am The King of Queens (R)
7.45 Everybody Loves Raymond Triple bill of the comedy. (R)
9.10 Frasier Four episodes. (R)
11.10 Ramsay's Kitchen Nightmares USA A Louisiana restaurant that has forgotten the most crucial aspect of an eatery's reputation. (R)
12.05pm Channel 4 News
12.10 Find It, Fix It, Flog It Items in Norfolk include a small-wheeled design classic. (R)
1.10 The Great House Giveaway Accountant Kate and builder Jonny buy a house in Leeds. (R)
2.10 Countdown With Ade Adepitan in Dictionary Corner.
3.00 A Place in the Sun A holiday home in Cadiz, Spain. (R)
4.00 Saving Country Houses with Penelope Keith At Treberfydd House in Wales, a big wedding is underway. (R)
5.00 Chateau DIY At the Chateau de Lalacelle, Terry and Ashley work on their garden. (R)
6.00 American Pickers Mike Wolfe and Frank Fritz find a rare Superman comic. (R)

5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm & Alexis With Storm Huntley and Alexis Conran.
12.45pm 5 News at Lunchtime
12.50 Matt Allwright Debate on the day's biggest stories, and consumer advice to help viewers save money.
2.20 FILM **The Book Club Murders** (2024, PG) Members of a book club start to receive threatening letters that reveal their darkest secrets. Mystery, starring Brittany Underwood and Eva Igo. ★★
4.00 Castle The NYPD and Castle search for Beckett as they try to stop Nieman and Tyson from claiming the detective as their next victim. (R)
4.55 Love Nature Discovering how the humble fox should be celebrated not vilified. (R)
5.00 5 News with Dan Walker
6.00 Menorca: A Year in the Sun Part two of two. A look at Menorca's seafood, art and architectural restorations (R); 5 News Update

LAUREN GOODGER
Mum of Two
FOR LAROSE, LORENA AND ALL THE MUMS

LOVE, LOSS AND MY LIFE ON TOWIE

"I'VE WRITTEN THIS TO HELP OTHERS FEEL LESS ALONE"

AMAZON

7 **7.00 The One Show** With Alex Jones and Roman Kemp.
7.30 Our Lives Following South Wales punk band the NaNaz, six women who are tearing up the rulebook on growing older as they prepare for a gig in New York City.
8 **8.00 Granite Harbour** As the case reaches a conclusion, Lindo and Bart face a race against time to find the real killer as long-held secrets are finally revealed. Crime drama, with Romario Simpson and Hannah Donaldson. Last in series.
9 **9.00 Would I Lie to You?** Cush Jumbo, Judi Love, Grayson Perry and Tim Vine take part. (R)
9.30 Ann Droid Sue has invited Michael and Renee to a nice family dinner but is upset when their real motive for coming round is revealed.
10 **10.00 BBC News at Ten** The latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's sports and weather reports.
10.30 Regional News; Weather
10.45 FILM **28 Days Later** (2002, 18) A man wakes from a coma to discover Britain has been struck by a terrifying experimental virus that sends victims into a homicidal rage. Along with a handful of other survivors, he heads for Manchester, the last outpost unaffected by the outbreak – but realises that the virus is not the only threat. Danny Boyle's horror, starring Cillian Murphy, Brendan Gleeson, Christopher Eccleston and Naomie Harris. ★★★★
11
12 MIDNIGHT **12.30am** Weather for the Week Ahead **12.35-6.00am** BBC News

7.00 Iolo's Anglesey Iolo Williams goes by boat to Ynys Badrig, an offshore island which is the northernmost point of Anglesey and Wales. (R)
7.30 Beechgrove Garden Brian Cunningham harvests spring vegetables from the veg plot.
8.00 Gardeners' World Frances Tophill returns to Damson Farm and spends the day with owner Alison and guest Mary Berry. Arit Anderson visits an inspiring urban edible garden, and Toby Buckland has ways to extend the growing season.
9.00 Bergerac The battle between Jim and Arthur Wakefield intensifies as his enemies gain ground. Since discovering that Cate may have betrayed Arthur, Bergerac feels he is closing in on his chief suspect.
9.45 QI XL Sandi Toksvig hosts an extended edition, with Ria Lina, Eshaan Akbar, Jimmy Carr and Alan Davies answering questions on the theme of tricks and treats. (R)
10.30 Newsnight Analysis of the day's events with Paddy O'Connell; Weather
11.05 FILM **Hoard** (2023, 18) Premiere. Years after moving away from her hoarding mother, a foster teen revisits her childhood memories and the trauma she repressed. Drama, starring Saura Lightfoot-Leon. ★★★★
1.00am Sign Zone: Britain's Strictest Schools – Panorama (R) **1.30** Sign Zone: The Rapture. Gabs and Dick uncover evidence that Leonard is hiding something, while floods in India match Bethany's drawings. Gabs pushes her suspicions into the open. (R) **2.30-6.10am** This Is BBC Two

6.30 ITV Evening News A round-up of the day's headlines and talking points from the UK and around the world; Weather
7.30 LIVE **EFL Cup** Middlesbrough v Wrexham (kick-off 8.00pm). Mark Pougatch presents all the action from the first-round tie, which is taking place at Riverside Stadium. Boro will be looking to avoid a repeat of this stage last season, when they were beaten 4-0 here by Doncaster Rovers. Wrexham fared better in the competition, going on to reach the fourth round before they were eliminated by Welsh rivals Cardiff City following a 2-1 defeat. With pre, mid and post match analysis from Tommy Smith and Steven Fletcher, and live commentary from Lucy Ward and Seb Hutchinson.
10.25 ITV News at Ten A round-up of the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's sports stories, entertainment news and weather reports.
10.55 Regional News; Weather
11.15 FILM **Jack Reacher: Never Go Back** (2016, 12) The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. Action thriller sequel, starring Tom Cruise and Cobie Smulders. ★★★
1.10am Shop on TV **3.00** Force of Nature. Shifting rains test three mothers as floods transform habitats, destroy homes, and bring perilous opportunity. (R) **3.50** Long Lost Family. Cases include a woman who wants to find her older brother. (R) **4.45-6.00am** Unwind with ITV

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.
8.00 Surgery Secrets of the Super Rich Hannah has a non-surgical liquid nose job, Hollie tackles years of sun damage with laser technology, and Nabeel's investing over £1,000 a month in a rigorous programme of tweakments.
9.00 8 Out of 10 Cats Does Countdown Jimmy Carr hosts, as team captains Rob Beckett and Jon Richardson are joined by Katherine Ryan and Fatiha El-Ghorri. With special guests Jake Lambert and the Brett Domino Trio.
10.00 Big Fat Quiz: Best Bits Victory is snatched from the jaws of humiliation, as comedians including Sara Pascoe, James Acaster and Jamie and Natasia Demetriou taste sweet success against all odds. Jimmy Carr hosts.
11.05 Sarah Millican: Home Bird Live Stand-up show recorded at Newcastle's Tyne Theatre & Opera House, in which the comedian shares insights into life, including the need to put down some roots now she has cats. (R)
12.10am Greg Davies: The Back of My Mum's Head. Stand-up comedy with the Man Down star, from the Lowry in Salford. (R) **1.05** Ramy: double bill **2.15** FILM Theater Camp (2023, 12) Comedy starring Ben Platt and Molly Gordon. ★★★★ **3.50** Sunday Brunch (R) **4.00-6.10am** Four in a Bed (R)

7.00 Tom Read Wilson's Grand Tour The presenter reimagines the rite of passage once undertaken by 17th, 18th and 19th-century aristocrats on their Grand Tours of Europe, beginning in Paris. (R); 5 News Update
8.00 Jewels of the Mediterranean Cameras focus on the island of Corsica, which boasts 600 miles of stunning coastline, forests and mountains. Highlights include a trip to the town of Bastia, a food-lover's paradise.
9.00 Alexander Armstrong in South Korea Alexander journeys across South Korea, one of the most influential and successful countries on earth. He arrives in bustling Seoul, and kicks off his adventure in Gangnam. Helping to keep modern Korea on the global map are its YouTube stars, and Alexander eats noodles with Heebab, a record-breaking Mukhbang 'bulk-eater', and meets Korean Billy, whose English accent impersonations are an online sensation. (R)
10.30 Piers Morgan: Uncensored A selection of highlights from the presenter's YouTube show, featuring opinion-led news and debate that blends journalism with cutting cultural commentary. Piers is joined by high-profile guests to discuss the stories making headlines.
12.00m't Fare Dodgers: At War with the Law (R) **1.00** Cruise TV with LoveitBookit (R) **2.00** GPs: Behind Closed Doors (R) **2.50** Castle (R) **3.40** Friends (R) **4.30** Jane McDonald's Yorkshire: No Place Like Home (R) **5.25** Entertainment News on 5 **5.35** Milo (R) **5.45-6.00am** Paddington (R)

ITV2 FREEVIEW 6

6.00am Backyard Builds **6.30** Dress to Impress **7.30** The Real Housewives of Salt Lake City **8.20** The Real Housewives of Orange County **9.20** The Only Way Is Essex **10.20** Dawson's Creek **11.20** Charmed **12.15pm** Deal or No Deal **1.15** Supermarket Sweep **2.15** The Floor USA **3.10** The Only Way Is Essex **4.10** The Real Housewives of Salt Lake City **5.00** The Real Housewives of Orange County

6.00 Celebrity Catchphrase Stephen Mulhern hosts a celebrity special of the gameshow, with Mo Gilligan, Naga Munchetty and Joanna Page taking part.

7.00 The Floor USA Rob Lowe hosts.

8.00 The 1% Club Quiz show.

9.00 *FILM* **John Wick** (2014, 15) Action thriller, starring Keanu Reeves. ★★★★

11.05 Family Guy Double bill.

12.05am American Dad! **1.05** Bob's Burgers **1.55** Deal or No Deal: Banker's Best Battles **2.20** Unwind with ITV **3.00-6.00am** Teleshopping

U&Dave FREEVIEW 19

6.00am Teleshopping **7.25** Top Gear **8.20** Border Force: America's Gatekeepers **10.20** Rick Stein: From Venice to Istanbul **11.20** Yukon Gold **12.20pm** Top Gear **2.20** Mortimer & Whitehouse: Gone Fishing **3.00** Martin Clunes: Islands of Australia **4.00** Rick Stein: From Venice to Istanbul **5.00** Rick Stein's Cornwall

6.00 Hairy Bikers' Best of British

7.00 Mortimer & Whitehouse: Gone Fishing Paul and Bob fly to Enniskillen.

7.40 Would I Lie to You? With Greg Rutherford, Kirsty Young, Joanna Scanlan and Henning Wehn.

8.20 QI XL Extended edition. With Ross Noble, Kathy Lette and Sue Perkins.

9.20 Would I Lie to You? With Jimmy Carr, Griff Rhys Jones and Susanna Reid.

10.00 Magnum P.I Double bill.

12.00m't Mock the Week. Comedy panel show. **12.40** Would I Lie to You? **2.00** QI **3.15** Richard Osman's House of Games **4.00-6.00am** Teleshopping

E4 FREEVIEW 13

6.00am Modern Family **6.55** Rude(ish) Tube Shorts **7.00** Couples Come Dine with Me **8.00** Ramsay's Kitchen Nightmares USA **10.00** America's Funniest Home Videos **11.00** Below Deck: Mediterranean **12.00noon** The Simpsons: four episodes **2.00** Brooklyn Nine-Nine **3.00** Modern Family: four episodes **5.00** The Simpsons: double bill

6.00 The Simpsons Four episodes.

8.00 Vanderpump Rules Lisa offers Marcus the chance to DJ at a party.

9.00 Celebrity Gogglebox for Stand Up to Cancer Celebrities join the Gogglebox regulars to react to the week's TV shows.

10.00 *FILM* **American Pie: The Wedding** (2003, 15) Comedy sequel, starring Jason Biggs and Alyson Hannigan. ★★★★

11.55 Naked Attraction Dating series.

1.00am Gogglebox **2.00** Vanderpump Rules **2.55** Ramsay's Kitchen Nightmares USA **3.45** The Goldbergs **4.35-6.00am** Brooklyn Nine-Nine

ITVQuiz FREEVIEW 28

9.00am Deal or No Deal **10.00** Tipping Point **1.00pm** Lingo **2.00** Tenable **3.00** Supermarket Sweep **4.00** Riddiculous **5.00** Deal or No Deal. Gameshow.

6.00 Lingo Triple bill. Adil Ray hosts the game in which siblings Penny and Steve, sisters Allandah and Miah and couple Alison and Mick use their skills to find words from the fewest letters possible; Adam and Natalie, and Louise and Samice take part; playing this time are Paul and Amy, and Laura and Louise.

9.00 Celebrity Lingo Double bill. Kate Garraway and Ashley James battle Toyah Willcox and Carol Decker; Adil Ray hosts as Emmerdale actors Lisa Riley and Mark Charnock take on the Rev Richard Coles and comedian Tim Vine.

10.00 Tipping Point Double bill. Ben Shephard hosts the arcade-themed quiz.

12.00m't Tipping Point **12.55** Tenable **1.50** Riddiculous **2.40** Unwind with ITV **3.00-9.00am** Teleshopping

U&Drama FREEVIEW 20

6.00am Teleshopping **7.20** The Bill **8.15** Doctors **9.25** Classic Holby City **10.45** Casualty **11.45** The Bill **12.50pm** Classic EastEnders **2.00** Neighbours **3.00** Whitstable Pearl **4.05** Lovejoy **5.20** As Time Goes By. Lionel finishes his book.

6.00 Last of the Summer Wine Triple bill.

8.00 Father Brown Double bill. An ex-health spa employee is found murdered; Lady Felicia's lavish New Year ball is ruined when a VIP guest is murdered.

10.00 New Tricks Gerry confronts his past when a 33-year-old murder at Smithfield Market is reinvestigated, while Sandra faces a shocking revelation about her own family. Guest starring Ken Farrington.

11.20 Luther The DCI begins to suspect he has been double-crossed by one of his closest confidants. With Idris Elba.

12.40am Lovejoy. A bereaved couple hire Lovejoy. **1.50** Sister Boniface Mysteries. Crime drama. **2.50** Hotel Portofino **4.00-6.00am** Teleshopping

More4 FREEVIEW 18

8.55am Heir Hunters **10.00** Four in a Bed: five episodes **12.40pm** Come Dine with Me: five episodes **3.20** Four in a Bed: five episodes **5.50** Car S.O.S

6.50 Car S.O.S Tim and Fuzz are taking on their 100th car, which is also going to be their first electric conversion – a 1978 MG.

7.55 Grand Designs Kevin McCloud revisits a new build that saw a couple constructing an art deco lighthouse tower on a clifftop in north Devon.

9.00 *NEW* **Carpe Diem** French legal drama, starring Samuel Le Bihan as a man who was falsely imprisoned, and now works as a lawyer defending others who have been wrongfully accused.

10.05 24 Hours in A&E Double bill. A seven-year-old boy is brought in after falling from a tree; a retired builder arrives after falling off his daughter's roof.

12.15am 999: On the Front Line. Documentary. **1.15** 24 Hours in A&E **3.25-3.55am** A Place in the Sun

BBC3 FREEVIEW 23

7.00pm The Catch Up News.

7.05 I Am Darren Mockumentary.

7.20 *FILM* **Night at the Museum: Battle of the Smithsonian** (2009, PG) Nightwatchman Larry and his living museum-exhibit friends must stop a reanimated pharaoh from taking over the world. Fantasy comedy sequel, starring Ben Stiller and Amy Adams. ★★★★

9.00 Death in Paradise A distillery owner is poisoned during a group tasting of his rum. However, the case is complicated when it's revealed all the guests drank from the bottle.

10.00 Ghosts Australia Double bill. Kate's mother moves in; Kate and Sean's date night is interrupted.

10.45 The Golden Cobra Eight episodes. Animated comedy set in Ebbw Vale's worst takeaway.

12.40am Ideal: six episodes **3.35-3.50am** Calamity James

BBC4 FREEVIEW 9

7.00pm Also Sprach Zarathustra at the Proms Featuring a trio of pieces.

8.05 Ravel's Bolero at the Proms

8.20 TOTP: 2000 Jamie Theakston presents the pop chart programme.

8.45 TOTP: 1984 With Tracey Ullman, Jeffrey Osborne and Blancmange.

9.15 TOTP: 1988 Featuring Kim Wilde and Fairground Attraction.

9.45 Tony Bennett at the London Palladium: BBC Sessions A 2011 concert in which the American singer marked his 85th birthday.

10.45 Tony Bennett Sings – Songs from the Movies From 1979.

11.15 Tony Bennett Sings – His Personal Hit Songbook The singer performs a selection of favourites.

11.50 Tony Bennett Sings – Songs of Broadway Broadcast in 1979.

12.20am Tony Bennett Sings **1.55** Tony Bennett's New York **3.20-3.45am** TOTP: 2000

5 USA FREEVIEW 21

6.00am Home Shopping **9.00** Entertainment News on 5 **9.10** NCIS **12.00noon** Law & Order

6.00 NCIS Triple bill. The team races to find a sniper who is targeting marine recruitment officers and picking them off one by one. Crime drama, starring Mark Harmon; three similar execution-style killings take place; Gibbs's former commanding officer is accused of murder.

9.00 Beauty and the Beast Double bill. Cat and Vincent's attempt to behave like a normal couple backfires disastrously; Cat uncovers secrets about her family's past.

11.00 Law & Order: Special Victims Unit A news anchor makes a rape accusation live on air.

12.00m't Law & Order: Special Victims Unit: triple bill **2.55** Wild Cards **3.50** Entertainment News on 5 **4.00-6.00am** Teleshopping

Variations

WALES As BBC1 except: 1.35-1.45pm BBC Wales Today **6.30-7.00** BBC Wales Today; Weather **10.30-10.45pm** BBC Wales Today

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six; Weather **7.00-7.30** Coast & Country **10.55-11.15pm** ITV News Cymru Wales

S4C 6.00am Cyw **9.30** Eisteddfod Genedlaethol 2026 **12.00noon** Newyddion S4C **12.05pm** Eisteddfod Genedlaethol 2026 **2.00** Newyddion S4C **2.05** Eisteddfod Genedlaethol 2026 **4.00** Eisteddfod Genedlaethol 2026 **5.30** Eisteddfod Genedlaethol 2026 **7.30** Newyddion S4C a'r Tywydd **7.50** Eisteddfod Genedlaethol 2026 **10.30** Y Babell Len 2026 **11.00pm-12.05am** Gwesty Aduniad

SCOTLAND As BBC1 except: 1.35-1.45pm Reporting Scotland **6.30-7.00** Reporting Scotland **10.30-10.45pm** Reporting Scotland

STV As ITV1 except: 1.55-2.00pm STV News; Weather **6.00-6.30** STV News at Six; Weather **7.00-7.30** The STV Radio Football Takeover **10.55-11.15** STV News; Weather **1.10-3.00am** Shop on TV **4.45-6.00am** Unwind with STV

BORDER As ITV1 except: 1.55-2.00pm ITV News Border **6.00-6.30** ITV News Lookaround; Weather **10.55-11.15pm** ITV News Border

BBC SCOTLAND 7.00pm Reporting Scotland **7.25** *LIVE* Sportscene: Championship. Partick Thistle v Livingston (kick-off 7.30pm). **9.30** Best of Only an Excuse? **10.00** Still Game **10.30** Two Doors Down **11.00pm-12.00m't** Rip It Up

BBC ALBA 5.20pm Creag nam Buthaidean **5.30** 'S E Iasg a Th'Annam **5.35** Peataichean **5.40** Abadas **5.55** Stoiridh **6.00** An Teaghlach Rìoghail an Ath-dhoras **6.20** Clann Na Cruinne **6.40** Belle agus Sebastian **6.50** Seonaidh **7.00** An La **7.25** Brunch le Abigail **7.30** Machair **8.00** Slighe Naoimh Cuithbeirt **8.30** Mas Fhior **9.00** *NEW* Aig aí Mhullach **10.00** Coin Trusaidh **10.55pm-12.00m't** Srub: Scotland on Coffee

NORTHERN IRELAND As BBC1 except: 1.35-1.45pm BBC Newsline **6.30-7.00** BBC Newsline **10.30-10.45** BBC Newsline **12.30am** Alan Carr's Picture Slam **1.15-6.00am** News

UTV As ITV1 except: 1.55-2.00pm UTV Live **6.00-6.30** UTV Live; Weather **7.00-7.30** UTV Life **10.55-11.15pm** UTV Live; Weather

Mirror TRAVEL

just go holidays

5 days from only £1,349pp

ICELAND & THE NORTHERN LIGHTS
WITH PETE LAWRENCE

Departs 2, 6 November 2026 & 26 February 2027
Flying from Heathrow, Manchester or Glasgow

Iceland, the newest country on earth, is raw nature at its very best. Discover the fascinating capital of Reykjavík before heading into the great wilderness and remoteness of natural Iceland. See where the European and American Tectonic plates are slowly moving apart. Marvel at the spectacular Gullfoss Waterfall and experience the bubbling muds and spectacle of the exploding Geyser. Walk behind mighty waterfalls and gaze upon black sands. As if this is not enough, Iceland is also perfectly placed to witness the spectacular Northern Lights and, unlike tours based in more light-polluted areas, we have the opportunity of watching out for them from the comfort of our hotel.

For those wishing to learn more about the Northern Lights and the night sky or master the art of taking impressive photos of them, Pete Lawrence from the BBC's *The Sky at Night* will be travelling with us to offer a helping hand.

TOUR HIGHLIGHTS INCLUDE
Witness the Northern Lights direct from our cosy secluded hotel | Included presentation on astrophotography & night sky viewing with Pete Lawrence | Golden Circle Tour | South Iceland Tour | Visits to the Urriðafoss Waterfall & Hveragerði

So much included...
- Return flights to Keflavík
- 1 night at a selected 3★ hotel in Reykjavík with breakfast
- 2 nights at the 3★ Hotel Lækur, Hella with dinner & breakfast
- 1 night at the 3★ Konvin Hotel, Keflavík Airport with breakfast
- Full day Golden Circle Tour with an English-speaking guide
- Full day South Iceland Tour with an English-speaking guide
- Visits to the Urriðafoss Waterfall, Hveragerði & Reykjavík with an English-speaking guide
- 2 presentations and astrophotography guidance by Pete Lawrence
- 2 nights watching for the Northern Lights with Pete Lawrence
- Airport taxes & luggage allowance (one piece of checked-in hold luggage per person)
- Airport & hotel transfers in Iceland
- Services of a tour manager

Call 03332 342 465 Visit justgoholidays.com/mirror Quote MIRROR

ATOL Protected 10889. Holidays operated by Just Go Holidays Ltd, independent of Reach Plc. All bookings subject to availability and terms & conditions (available at justgoholidays.com). Prices are per person, based on 2 adults sharing and subject to availability. Supplements may apply. Prices correct at time of print & valid for 7 days.

★★★★★ Trustpilot

10889 ATOL PROTECTED

WINNER MEDIUM BRITISH TRAVEL AWARDS 2025

SILVER MEDIUM BRITISH TRAVEL AWARDS 2025

Sport

SKY SPORTS MAIN EVENT

6.00am Sky Sports News **7.00** Sky Sports Breakfast **9.00** Good Morning Transfers **10.00** Sky Sports FC **12.00noon** Transfer Talk **1.00** Lunchtime Live **2.00** Sports Desk

3.00 **LIVE** **The Hundred** Birmingham Phoenix Women v Sunrisers Leeds Women (start time 3.00pm). From Edgbaston, Birmingham.

6.00 Sky Sports News. Headlines round-up.

7.00 **LIVE** **EFL Cup** Middlesbrough v Wrexham (kick-off 8.00pm). All the action from the first-round tie taking place at Riverside Stadium.

10.45 **LIVE** **Tennis** The Canadian Open. The women's draw on day six of the WTA 1000 event in Toronto, which is a hard-court tournament.

11.00 **LIVE** **Tennis** The Canadian Open. Further coverage from day six of the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.

4.00-6.00am Sky Sports News. Headlines.

SKY SPORTS CRICKET

6.00am The Hundred **9.15** The Hundred Bitesize **10.45** The Hundred **2.15pm** The Hundred Bitesize **2.30** The Hundred Bitesize

2.45 **LIVE** **The Hundred** Birmingham Phoenix Women v Sunrisers Leeds Women (start time 3.00pm). From Edgbaston, Birmingham.

6.00 **LIVE** **The Hundred** Birmingham Phoenix Men v Sunrisers Leeds Men (start time 6.30pm). Coverage from Edgbaston, Birmingham.

9.30 The Hundred Bitesize **10.00** The Hundred **1.30am** The Hundred Bitesize **2.00** The Hundred **5.15** Best of ICC WT20 **5.45-6.00am** The Hundred Bitesize

SKY SPORTS FOOTBALL

6.00am EFL Highlights **7.00** EFL **8.00** EFL Highlights **9.00** SPFL Highlights **9.30** EFL Greatest Games **10.00** EFL Cup Retro

12.00noon EFL Highlights **2.00** EFL **3.00** SPFL Highlights **3.30** EFL Cup Highlights **6.30** Best Goals: EFL Cup 25/26

7.00 **LIVE** **EFL Cup** Middlesbrough v Wrexham (kick-off 8.00pm). All the action from the first-round tie taking place at Riverside Stadium.

10.45 Championship Season Review **11.45** SPFL Round-Up **12.15am** Championship Retro **2.15** Henrik Larsson: 20 Years On **3.15** SPFL Highlights **3.45** EFL Greatest Games **4.00** EFL Cup Highlights **5.00** SPFL Highlights **5.30-6.00am** EFL Greatest Games

SKY SPORTS GOLF

6.00am HotelPlanner Tour Golf Highlights **6.30** PGA Tour Champions Learning Centre **7.00** Ladies European Tour Golf **11.00** My Icon **11.15** HotelPlanner Tour Golf Highlights

11.45 **LIVE** **PGA Tour Golf** The Wyndham Championship. Coverage of the featured groups on day two of the tournament from Sedgefield Country Club in Greensboro, North Carolina.

2.00pm **LIVE** **Ladies European Tour Golf** The PIF London Championship. Coverage of day two of the team competition at Centurion Club in St Albans, where Laura Funfstuck of Germany is the reigning individual champion.

6.00 **LIVE** **PGA Tour Golf** The Wyndham Championship. The featured groups on day two.

8.00 **LIVE** **PGA Tour Golf** The Wyndham Championship. Further coverage of day two.

11.00 The Greatest Solheim Cup. The 2019 Solheim Cup. **1.00am** Solheim Cup Golf **2.00** Golf Academy **3.00** PGA Tour Golf **4.00** Golf Academy **5.00-6.00am** School of Golf

TNT SPORTS 1

6.00am Premier League Stories **6.30** Classic Premier League **7.30** LIV Golf **9.00** Test Cricket Highlights **10.00** TNT Sports Reload

10.30 **LIVE** **AFL** Brisbane Lions v Hawthorn Hawks (bounce-up 10.40am). Coverage of the match from Brisbane Cricket Ground.

1.30pm Premier League Stories. A look at the story of Ipswich Town. **2.00** The Gruppetto

2.15 **LIVE** **Tour de France Women** The seventh stage of the Grand Tour race, a 144km route from La Voulte-sur-Rhone to Mont Ventoux.

5.15 TNT Sports Reload **5.30** MLB Plays of the Week **6.00** MLB Highlights **7.00** Supercars Championship Highlights **9.00** MotoGP **9.30** AFL **11.00** MLB Highlights. Baseball action.

12.00m't **LIVE** **MLB** New York Yankees v Atlanta Braves (start time 12.05am). Coverage of the inter-league match from Yankee Stadium.

3.00 British Superbikes Highlights **4.00** FIM Speedway Grand Prix Highlights **5.00** Formula E Flashback **5.30-6.00am** Formula E Flashback

TNT SPORTS 2

6.00am FIM Speedway Grand Prix **7.00** British Superbikes Rewind **7.15** MotoGP Rewind

10.00 **LIVE** **MotoGP** The Grand Prix of Great Britain first free practice session. Preparations for the 12th round of the season at Silverstone.

12.45pm LIV Golf. Action from New Jersey.

2.15 **LIVE** **MotoGP** The Grand Prix of Great Britain practice session. Preparations at Silverstone.

5.15 MotoGP **6.15** British Superbikes **7.15** Premier League Stories **7.45** Sports Reload **8.00** Fencing World Championships **10.00** Test Cricket Highlights **11.00** CPL Highlights

11.30 **LIVE** **CPL** Jamaica Kingsmen v Antigua & Barbuda Falcons. Coverage of the T20 match from Arnos Vale Stadium in Saint Vincent.

3.45am TNT Sports Reload. The best bits. **4.00** Discovery Golf **4.30-6.00am** Ultimate Pool

Entertainment & Factual

ITV3 Freeview 10

6.00am George and Mildred **7.05** Classic Emmerdale **8.10** Classic Coronation Street **9.10** Agatha Christie's Poirot **11.30** Heartbeat **1.35pm** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Doc Martin **10.00** Grantchester **11.50** Trial & Retribution **12.55am** Agatha Christie's Poirot **2.00-2.30am** George and Mildred

ITV4 Freeview 26

6.00am Magnum, PI **8.05** Dempsey and Makepeace **9.10** Boon **10.15** The Professionals **11.20** Robin of Sherwood **12.25pm** Magnum, PI **2.35** Dempsey and Makepeace **3.45** Boon **4.50** The Professionals **5.50** Minder **6.55** Sharpe **9.00** **FILM** RoboCop (1987/18) ★★★★ **11.10** All Elite Wrestling: Dynamite **1.30am** Minder **2.30-3.00am** Two and a Half Men

5STAR Freeview 32

8.00am Bargain-Loving Brits in the Sun **10.00** Nightmare Tenants, Slum Landlords **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Shoplifters: Caught Red Handed **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts **9.00** 999: Critical Condition **10.00** A&E After Dark **11.00** Trauma Room One **12.00m't** Skin A&E **1.00** Cold Case Killers **2.00** Casualty 24/7: Every Second Counts **2.45** Scam City **3.35** Friends **4.00-5.00am** Killer on the Run

REALLY Freeview 44

6.00am Celebrity Fantasy Homes **7.00** Cruise TV with LoveitBookit **8.00** Escape to the Country **9.00** Salvage Hunters **12.00noon** The Yorkshire Auction House **2.00** The Repair Shop **3.00** Salvage Hunters **5.00** Long Lost Family: Born Without Trace **6.00** The Repair Shop **7.00** The Yorkshire Auction House **8.00** Antiques Road Trip **9.00** My Lottery Dream Home **10.00** **NEW** Help! I Wrecked My House **11.00** Help! My House Is Haunted **2.00am** Teleshopping **4.00-6.00am** Salvage Hunters

5ACTION Freeview 33

9.00am Winter Road Rescue **9.35** Police Interceptors **10.35** Gunsmoke **11.40** **FILM** Shane (1953/PG) ★★★★★ **2.05pm** **FILM** The Quick Gun (1964/PG) ★★ **4.00** The Motorway **5.00** Motorway Cops: Catching Britain's Speeders **6.00** Police Interceptors **8.00** Motorway Cops: Catching Britain's Speeders **9.00** Police Interceptors **10.00** Cops **11.00** The X-Files **12.00m't** Britain's Most Dangerous Prisoners **1.00** Outback Truckers **2.00** Trucking Heavy **3.50-4.00am** Entertainment News on 5

SKY ARTS Freeview 36

6.00am Cirque du Soleil: Varekai **8.00** The Joy of Painting **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: Dean Martin **12.00noon** Agatha Christie's Pale Horse **2.00** The Alfred Hitchcock Hour **3.00** The Eighties **4.00** Discovering: Peter Sellers **5.00** Portrait Artist of the Year 2022 **6.00** Tales of the Unexpected **7.00** Alfred Hitchcock Presents **8.00** Bob Dylan: The Other Side of the Mirror **9.35** I Was a Teenage Sex Pistol **11.20** Classic Albums **12.20am** The Jam: Live at Rockpalast **1.50** Pretenders Live and Loose in LA **3.45** Sky Arts Book Club **4.45-6.00am** Michael Caine: The Becoming of a Hollywood Star

Live EFL Cup

Sky Sports Main Event, 7pm

One of the stand-out fixtures in the first round of the competition sees Phil Parkinson (left) and his Wrexham side visit the Riverside Stadium to take on Kim Hellberg's Middlesbrough.

U&GOLD

7.10am Don't Wait Up **7.50** Going Straight **8.30** Only Fools and Horses **9.10** The Green Green Grass **9.50** Are You Being Served? **10.30** Last of the Summer Wine **11.45** Going Straight **12.25pm** Only Fools and Horses **1.05** Keeping Up Appearances **1.45** Dad's Army: The Lost Episodes **2.25** The Green Green Grass **3.05** Are You Being Served? **3.45** Going Straight **4.25** Dad's Army: The Lost Episodes **5.00** Last of the Summer Wine **6.20** Keeping Up Appearances **7.00** Dad's Army: The Lost Episodes **7.35** Porridge **8.20** Are You Being Served? **9.00** The Office **9.40** Fawlty Towers **10.20** Not Going Out **11.00** The Green Green Grass **11.40** The Office **12.20am** Fawlty Towers **1.00** Not Going Out **1.40** Am I Being Unreasonable? **2.30** Don't Wait Up **3.00** Am I Being Unreasonable? **3.30-4.00am** The Green Green Grass

U&YESTERDAY Freeview 27

6.10am Abandoned Engineering **8.00** Bangers & Cash: Restoring Classics **10.00** Secret Nazi Bases **11.00** Great War Stories **12.00noon** Antiques Roadshow **2.00** Bangers & Cash **4.00** Secret Nazi Bases **5.00** Great War Stories **6.00** Antiques Roadshow **7.00** The Green Planet **8.00** Canal Boat Diaries **10.00** Bangers & Cash **12.00m't** Bangers & Cash: Restoring Classics **1.00** Find It, Fix It, Flog It **2.00-3.00am** Abandoned Engineering

U&ALIBI

7.15am Murdoch Mysteries **9.00** Shakespeare & Hathaway: Private Investigators **10.00** The Mentalist **11.00** Hudson & Rex **12.00noon** Body of Proof **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** The Mentalist **5.00** Hudson & Rex **6.00** Body of Proof **7.00** Private Eyes. Shade is hired by a female boxer to prove a fight was fixed. **8.00** Death in Paradise. The team investigates the murder of a former children's home resident. **9.00** NCIS: Sydney. Australian spin-off drama, starring Olivia Swann. An American is found dead on a US submarine. **10.00** Father Brown **11.00** Private Eyes **12.00m't** Shakespeare & Hathaway: Private Investigators **1.00** Death in Paradise **2.00-4.00am** Murdoch Mysteries

SKY ONE

6.00am Mornings with Jones and Melbourne **8.00** Stargate SG-1 **9.00** NCIS: Los Angeles **10.00** Will & Grace **11.00** The Simpsons **12.00noon** Moon: Nature's Secret Force **1.00** Hawaii Five-0 **3.00** S.W.A.T **5.00** The Simpsons **6.00** Animal Control **7.00** The Simpsons **8.00** An Idiot Abroad 2 **9.00** Micky Flanagan: If Ever We Needed It **10.15** Grimsburg **11.45** Animal Control **12.45am** Grimm **1.40** The Force: Manchester **2.30** Road Wars **3.00-4.00am** Hawaii Five-0

SKY ATLANTIC

6.00am Richard E Grant's Hotel Secrets **8.00** Billions **10.20** Heated Rivalry **12.30pm** Homicide: Life on the Street **2.30** Billions **4.40** The Last of Us **7.00** The Penguin **9.00** Station Eleven **11.00** The Last of Us **12.00m't** True Detective: Night Country **1.30** Billions **5.00-6.00am** Urban Secrets

SKY WITNESS

6.00am Bondi Rescue **7.00** Border Patrol **8.00** Send in the Dogs **9.00** Brit Cops: Law & Disorder **10.00** Stop, Search, Seize **11.00** Bull **12.00noon** FBI **2.00** The Rookie **3.00** Law & Order: Criminal Intent **4.00** Nothing to Declare **8.00** Caught on Dashcam **9.00** Chicago Fire **10.00** FBI: Most Wanted **11.00** The Rookie **12.00m't** FBI **2.00** FBI: International **3.00** The Force: Manchester **4.00** Road Wars **5.00-6.00am** Border Security: Canada's Front Line

SKY COMEDY

8.00am Will & Grace **9.00** Sort Of **10.00** Upright **11.20** Will & Grace **12.20pm** The Comeback **1.40** Upright **3.00** Will & Grace **4.00** The Office Movers **5.00** Community **6.00** Will & Grace **7.00** The Office (US) **8.00** The Office Movers **9.00** Alex Edelman: Just for Us **10.45** Rob Beckett: Wallop **12.00m't** Chris Ramsey: Live from London **1.00** Community **2.00** The Comeback **2.40** Upright **4.00-5.00am** Sort Of

DISCOVERY

6.00am How It's Made **7.00** The Pool Master **9.00** Gold Rush **11.00** Building Off the Grid **1.00pm** Dr Jeff: Rocky Mountain Vet **3.00** How It's Made **5.00** Alaska: Homestead Rescue **7.00** Supercar Showroom **8.00** Gold Rush: Mine Rescue with Freddy & Juan **9.00** Expedition X: Atomic Sharks **10.00** Expedition Unknown: Shark Secrets **11.00** The Alaska Triangle **12.00m't** Deadliest Catch **1.00** Expedition X: Atomic Sharks **2.00** Expedition Unknown: Shark Secrets **3.00** Gold Divers **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC

8.00am Air Crash Investigation **10.00** Rocky Mountain Railroad **11.00** Car S.O.S **12.00noon** Ultimate Airport Dubai **1.00** Air Crash Investigation **2.00** Erased: WWII Heroes of Colour **4.00** Lost Treasures of Egypt **5.00** WW2's Biggest Wrecks: Drain the Oceans **6.00** The Forever Walk: China **7.00** Air Crash Investigation **10.00** Mega Marine Machines **11.00** Air Crash Investigation **12.00m't** Amsterdam Central 24/7 **1.00** To Catch a Smuggler **2.00** Lords of War **2.30** Made in a Day **2.55** Abandoned **3.20** Food Factory **4.10-5.00am** Trials of the Wild

Radio

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Breakfast with Greg James **10.00** Anthems with Nat and Vicky **11.00** Group Chat with Nat and Vicky **12.45pm** Newsbeat **1.00** Sam and Danni **3.00** Dance Party Starters with Sam and Danni **4.00** The Official Chart with Jack Saunders **5.45** Newsbeat **6.00** Dance Party with Danny Howard **8.00** Future Dance with Sarah Story **10.00** Pete Tong **12.00m't** Radio 1's Essential Mix **2.00** Radio 1 Dance Presents **3.00** Danny Howard's Club Mix **4.00** Dance Party Starters **5.00-6.00am** Happy Anthems

BBC RADIO 2

88-91MHz 6.30am The Sara Cox Breakfast Show **9.30** Vernon Kay **12.00noon** Jeremy Vine **2.00** DJ Spoony **4.00** Joel Dommett **7.00** Michelle Visage **8.30** Michelle Visage's Handbag Hits **9.00** Sophie Ellis-Bextor's Kitchen Disco **11.00** Rock Show with Rick Astley **12.00m't** Romesh Ranganathan: For the Love of Hip-Hop **1.00** Tony Blackburn's Sounds of Soul **2.00** Pick of the Pops **4.00** Radio 2 Unwinds with Angela Griffin **5.00-6.00am** Tracks of My Years

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week: Mozart **5.00** In Tune. Violinist Callum Smart plays live with pianist Richard Uttley. **7.00** BBC Proms 2026 **10.00** Late Junction **11.30** 'Round Midnight **12.30-6.30am** Through the Night

CHOICE

Screenshot

Radio 4, 7.15pm

From the boozy camaraderie of *Withnail and I* to the awkward co-dependency of *Peep Show*, the buddy-cop banter of *Lethal Weapon* to the devastating bond in *The Banshees of Inisherin*, how have film and TV reflected changing ideas about male friendship? Ellen E Jones and Mark Kermode investigate.

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** Desert Island Discs **10.00** Woman's Hour **11.00** The Food Programme **11.45** Tony Hawks Is Giving Nothing Away **12.00noon** News **12.04** AntiSocial **12.57** Weather **1.00** The World at One **1.45** The Bare Necessities **2.00** The Archers **2.15** Drama: Central Intelligence **2.45** Living on the Edge **3.00** Gardeners' Question Time **3.45** Short Works **4.00** Last Word **4.30** Sideways **5.00** PM **5.57** Weather **6.00** News **6.30** Current-ish **7.00** The Archers. Kenton is forced to acknowledge an issue close to home. **7.15** Screenshot **8.00** Any Questions? **8.55** This Week in History **9.00** Natalie Haynes Stands Up for the Classics **9.30** Breakin' the Cycle **10.00** The World Tonight **10.45** Book at Bedtime: The Vicar of Wakefield **11.00** Americast **11.30** The Ocean within Us **12.00m't** News **12.30** Tony Hawks Is Giving Nothing Away **12.48** Shipping Forecast **1.00** As BBC World Service **5.30** News Summary **5.34** Shipping Forecast **5.43** Prayer for the Day **5.45-6.00am** Living on the Edge

BBC RADIO 5 LIVE

693/909kHz 6.00am Breakfast **9.00** Nicky Campbell **11.00** Chiles on Friday **1.00pm** Elis James and John Robins **2.00** Matt Chorley **4.00** 5 Live Drive **7.00** 5 Live Sport **8.00** Football **10.00** Johnny I'Anson **1.00am** Edward Adoo **5.00-6.00am** 5 Live Boxing

BBC RADIO WALES

FM: 94.6MHz 6.00am News **6.05** Wake Up **6.31** All Things Considered **7.00** Breakfast **9.00** Lucy Owen **12.00noon** The Phone In **2.00** Sofia Rizzi **5.00** Drive **6.30** Arts Show **7.00** Angela Jay's 70s Playlist **8.00** Angela Jay's 80s Playlist **9.00** Angela Jay's 90s Playlist **10.00** Friday Night H **12.00m't** The Party Playlist **1.00-7.00am** As Radio 5 Live

CLASSIC FM

100-102MHz 6.30am Dan Walker **10.00** Aled Jones **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **6.00** Classic FM at the Movies with Jonathan Ross **8.00** Alexander Armstrong **10.00** Calm Classics **2.00-6.30am** Katie Breathwick

ABSOLUTE RADIO

DAB 6.00am Dave Berry **10.00** Leona Graham **1.00pm** Sarah Champion **4.00** Bush and Richie **7.00** Absolute 80s with Claire Sturgess. Hits from the decade. **10.00** Sophie K **4.00-8.00am** Ben Coley

Movies

FILM4

11.00am Oliver! (1968/U) Musical, starring Ron Moody and Mark Lester. ★★★★★

1.55pm Sherlock Holmes and the Secret Weapon (1942/PG) Mystery thriller, starring Basil Rathbone and Nigel Bruce. ★★★

3.15 Buchanan Rides Alone (1958/U) Western, starring Randolph Scott. ★★★

4.50 The True Story of Jesse James (1957/PG) Biopic, starring Robert Wagner. ★★

6.40 Ad Astra (2019/12) Sci-fi drama, starring Brad Pitt and Tommy Lee Jones. ★★★★

9.00 The Martian (2015/12) Ridley Scott's sci-fi drama, starring Matt Damon. ★★★★★

11.50 Last Night in Soho (2021/18) Mystery horror, starring Thomasin McKenzie. ★★★★

2.05-4.00am Sick of Myself (2023/15) Drama, starring Kristine Kujath Thorp. ★★★

SKY CINEMA PREMIERE

6.00am Song Sung Blue (2025/12) See 3.40pm. ★★★★

8.20 Seven Snipers (2026/15) See 8.00pm. ★★★

9.55 Mortal Kombat II (2026/15) See 6.00pm. ★★★

11.55 Normal (2026/15) See 9.30pm. ★★★★

1.40pm Heretic (2024/15) See 11.10pm. ★★★★

3.40 Song Sung Blue (2025/12) Premiere. A husband-and-wife Neil Diamond tribute act experience success and heartbreak in their musical journey. Drama, starring Hugh Jackman and Kate Hudson. ★★★★

6.00 Mortal Kombat II (2026/15) Fantasy adventure, starring Karl Urban. ★★★

8.00 Seven Snipers (2026/15) Premiere. A retired sniper in hiding on an Australian ranch must reunite her elite kill squad when a vengeful warlord threatens her daughter. Thriller, starring Radha Mitchell, Charles Cottier and Tim Roth. ★★★

9.30 Normal (2026/15) Director Ben Wheatley's action comedy, starring Bob Odenkirk, Henry Winkler and Lena Headey. ★★★★

11.10 Heretic (2024/15) Horror, starring Hugh Grant and Sophie Thatcher. ★★★★

1.10am Love Me (2024/15) Drama, starring Steven Yeun and Kristen Stewart. ★★★★

2.50-5.15am Song Sung Blue (2025/12) See 3.40pm. ★★★★

SKY CINEMA DRAMA

4.00pm Dreamgirls (2006/12) Drama, with Jamie Foxx and Beyonce Knowles. ★★★★

6.15 Quartet (2012/12) Comedy, starring Maggie Smith and Billy Connolly. ★★★★

8.00 Regretting You (2025/12) Comedy drama, with Allison Williams. ★★★★

10.00 Anora (2024/18) Comedy drama, with Mikey Madison and Paul Weissman. ★★★★

12.30am The Brutalist (2025/18) Drama, with Adrien Brody and Felicity Jones. ★★★★

3.55-6.00am The Convert (2023/15) Lee Tamahori's action drama, with Guy Pearce and Tioreore Ngatai-Melbourne. ★★★★

SKY CINEMA FAMILY

4.00pm The BFG (2016/PG) Fantasy adventure, starring Mark Rylance. ★★★★

6.00 E.T.: The Extra-Terrestrial (1982/U) Sci-fi fantasy, starring Henry Thomas. ★★★★★

7.55 Hook (1991/U) Peter Pan adventure, with Robin Williams and Dustin Hoffman. ★★★

10.20 The Karate Kid (1984/12) Martial arts drama, starring Ralph Macchio. ★★★★

12.30am The Karate Kid Part II (1986/PG) Sequel, starring Ralph Macchio. ★★★★

2.25 The Karate Kid Part III (1989/PG) Sequel, starring Ralph Macchio and Pat Morita. ★★

4.20 The Cinema List: Family Favourites

4.50-7.10am The Karate Kid (2010/PG) Martial arts drama, with Jaden Smith. ★★★

TALKING PICTURES TV

4.30pm The Cheaters Crime drama.

5.00 A Family at War Wartime drama.

6.00 Rumpole of the Bailey Drama series.

7.00 Z Cars Vintage police drama.

8.00 Public Eye Alfred Burke stars.

9.10 Supernatural Starring Judy Cornwell.

10.15 Tales of Tomorrow With James Dean.

10.45pm Cellar Club with Caroline Munro

12.05am The Thirty-Nine Steps (1978/PG) Thriller, starring Robert Powell. ★★★

2.10 The Appointment (1981/15) Horror, with Edward Woodward and Jane Merrow. ★★★

4.00 The Vise Drama anthology from the 50s.

5.00-6.00am Railway Murders True crime.

GREAT! MYSTERY

4.00pm Diagnosis Murder Detective drama.

5.00 Murder, She Wrote Double bill.

7.00 Castle American crime drama.

8.00 Unforgettable Poppy Montgomery stars.

9.00 In Plain Sight Mary McCormack stars.

10.00 Hailey Dean Mysteries Whodunit, with Kellie Martin and Giacomo Baessato.

11.50pm Murder, She Baked: A Peach Cobbler Mystery (2016/PG) Starring Alison Sweeney and Cameron Mathison. ★★★

1.45am Mommy's Little Boy (2017/PG) Thriller, starring Bree Williamson. ★★

3.25-6.00am The Killer Downstairs (2019/PG) Mystery thriller, starring Cindy Busby. ★★★

Reader Offer in partnership with **Yimbly.com**

Scan to order online
Save 10% with code July10
Now £99 was £109.99
WHILE STOCKS LAST

INSTANT COOLING POWER

Beat the heat with this powerful 20" floor fan, designed to deliver fast, refreshing airflow exactly where you need it. A high-performance motor and durable aluminium blades generate strong air circulation to help cool rooms quickly, while three speed settings let you choose the perfect level of comfort. The adjustable 160° tilt head directs airflow precisely where it's needed, whether you're relaxing at home, working, or exercising. An integrated carry handle makes it easy to move from room to room, while the sturdy metal construction is built for reliable everyday performance throughout the warmer months.

- ✓ 3 speed settings
- ✓ Lightweight & easy to carry
- ✓ 160° Adjustable tilt
- ✓ Stable frame with anti-slip rubber feet
- ✓ Simple push-button controls
- ✓ 1.6m Power cable

yimbly.com/Offer167 Quote **Offer167** Limited time offer

UK Customer Service 0161 444 9879 | **Now Open 7 Days a Week**

VISA | PayPal | AMEX | Pay | G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot ★★★★★

SUMMER.
GARDEN

Reader Offer
in partnership with **Yimbly.com**

Scan to order online
Restricted to persons 18+. Follow all safety guidelines when operating.
Now £79.90 was £99.00
Save 19%
Includes: UK battery charger, pole strap, lubricating oil bottle and blade sharpener

EASY TO USE CORDLESS CHAINSAW

Cut through branches, shrubs and garden growth with ease using this Cordless Electric Chainsaw with Telescopic Pole. Its powerful brushless motor and durable metal chain deliver smooth, efficient cuts, while the cordless design gives you complete freedom to work around the garden.
Use it handheld for precise pruning and everyday cutting, or attach the telescopic pole to extend your reach up to 2.5 metres for higher branches without needing a ladder. Powered by two rechargeable lithium batteries, with a comfortable grip, safety lock switch and protective baffle, it makes garden maintenance quicker, easier and more convenient.

- ✓ Telescopic pole length: 250cm
- ✓ Length of guide plate: 8inch
- ✓ Charging time: 2-3 hours
- ✓ Includes 2 rechargeable batteries

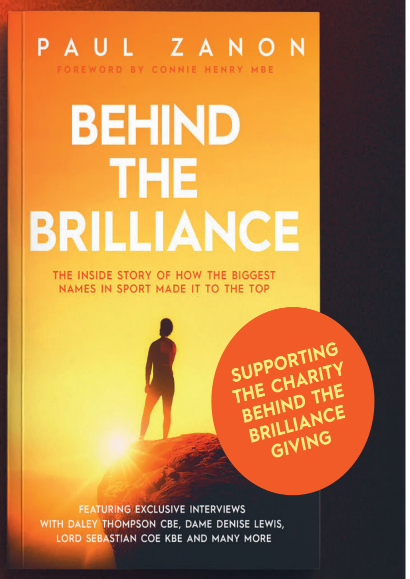
yimbly.com/Offer11 Quote **Offer11** Offer ends 1st September

UK Customer Service 0161 444 9879 | **Now Open 7 Days a Week**

VISA | PayPal | AMEX | Pay | G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot ★★★★★


HOW THE BIGGEST NAMES IN SPORT MADE IT TO THE TOP

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

AMAZON

PAUL ZANON
FOREWORD BY CONNIE HENRY MBE
BEHIND THE BRILLIANCE
THE INSIDE STORY OF HOW THE BIGGEST NAMES IN SPORT MADE IT TO THE TOP
SUPPORTING THE CHARITY BEHIND THE BRILLIANCE GIVING
FEATURING EXCLUSIVE INTERVIEWS WITH DALEY THOMPSON CBE, DAME DENISE LEWIS, LORD SEBASTIAN COE KBE AND MANY MORE

Reader Offer in partnership with Yimbly.com

QUICK MEALS, TIMELESS DESIGN

Now from £79.90 was from £87.00

Save up to 26%

Scan to order online

12:08
comfee

Make everyday cooking easier with a microwave that combines timeless style and practical design. Available in pastel blue, cream or red, it blends beautifully with both modern and classic kitchens. Measuring H25.8 x W35.7 x D44cm with a 20-litre capacity, it is compact yet versatile, ideal for saving counter space while preparing meals with ease.

The LED display, simple dial and responsive buttons make operation effortless. With 8 preset functions, 5 power levels and an auto defrost feature, you can cook, reheat or thaw food quickly and evenly. Its 800-watt power delivers reliable results, while the lightweight metal build ensures durability in a stylish design.

Available in 3 colours:

Cream Red Pastel Blue

✓ 800W Power
✓ 20 litre capacity
✓ Easy-to-read LED display
✓ 8 preset functions
✓ Dimensions: H25.8 x W44 x D35.7cm

yimbly.com/Offer4 Quote **Offer4** Offer ends 1st September

UK Customer Service 0161 444 9879 | **Now Open 7 Days a Week**

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot ★★★★★

DEAR COLEEN

How do I tell my daughter that her granddad is sick?

‘She adores him – so this diagnosis feels catastrophic’

Dear Coleen

My daughter is 13 and has had a really hard time at school with bullying and not fitting in. She’s dyslexic and also has ADHD, and it takes a lot to get her to go to school at all. Now we’ve found out that my dad, who she’s extremely close to, has end stage cancer and I have no clue how to talk to her about it, so I keep putting off the conversation.

I’m worried about how she’ll take the news and how it’ll affect her, especially at school.

Of course, I feel heartbroken for myself too, but so sad for her as my dad is the one person who she can relate to – he’s brilliant with her and is always finding activities for them to do together. She absolutely adores him, so this diagnosis feels catastrophic on so many levels.

I know you’ve had to deal with cancer and bereavement in your own family and would welcome any guidance on how I should broach this terrible news with my daughter and navigate her through this tough time.

Coleen says

I’m sorry that you’re going through this. It’s probably tempting to try to hide this from your daughter as long as possible because you want to protect her, but I think it’s important to be open and honest.

Teenagers will Google things to look for answers, so I think it’s best coming from you so you can give accurate information, answer questions and be there to support her.

Expect a lot of questions – for example, she might be worried there’s a genetic aspect and if it might affect her. Encourage her to talk to other people about her granddad and let the school know, so they can support her and offer counselling if she needs it.

My daughter was very young when my sister Bernie died and she didn’t come to the funeral. She was on a school trip so we thought it was best to leave her there. But now she often says we should have brought her back for the funeral because she regrets not being there.

So my advice would be not to shut her out of having the chance to say things to her granddad or spend time with him. Your dad might feel able to speak to her himself.

There’s no way around the heartbreak but it’s important she knows it does become easier to deal with. Let her know it’s OK to cry as much as she wants and express how she feels.

All the cancer charities offer guidance online on how to talk to children, as well as helplines (visit cancerresearchuk.org and macmillan.org.uk for more info).

COLEEN’S WORDS OF WISDOM

When you’re having problems sleeping – not getting enough hours or suffering broken or disturbed sleep – nothing else in your life works as well as it should. It’s the foundation, so make it a priority.

PROBLEMS?

Tell Coleen about them and she’ll give you an honest answer every weekday. Email: dearcoleen@mirror.co.uk – sorry, but Coleen can’t reply personally

Reader Offer in partnership with **Yimbly.com**

LIGHTWEIGHT & POWERFUL VACUUM CLEANER

HOOVER
Scan to order online

Pet Power: Lifts stubborn pet hair with ease

Stair Expert: Cleans 13 steps without lifting

> "This Hoover is wonderful, very well made and sturdy. It's lighter than my old vacuum and works so much better. I love the hose, it seems short but extends a long way, also the dust bin is large which is a great help. I would highly recommend it, also very good for the price."
>
> ★★★★
>
> **June**

Now **£79.99**
was £139.00

Save **£59.01**

Keeping your home clean often means more than just vacuuming the floors. Stairs, upholstery, curtains, and hard-to-reach corners all need regular attention too. Designed by Hoover, this lightweight upright vacuum makes it easier to tackle your entire home with powerful performance and impressive reach.

WHOLE-HOME CLEANING MADE EASIER

The combination of a 4.5-metre retractable hose, extension tube, and generous 12.5-metre cleaning radius allows you to clean further without constantly changing sockets. From a full flight of stairs to furniture, curtains, and ceilings, you can reach more of your home with less effort.

POWERFUL PERFORMANCE ACROSS EVERYDAY SURFACES

Strong suction lifts dust, dirt, and debris from carpets and hard floors, while the five-position height adjustment helps you achieve effective results across different floor types. The large 3L dust cup reduces the need for frequent emptying, allowing you to clean for longer without interruption.

DESIGNED FOR PETS AND EVERYDAY MESS

The included mini turbo pet brush is ideal for removing stubborn pet hair from sofas, cushions, stairs, and upholstery. A washable EPA filter helps capture dust while reducing ongoing maintenance costs, and the bagless design makes emptying quick and straightforward with a simple one-touch release.

PRACTICAL FEATURES FOR EVERYDAY USE

Lightweight and easy to carry, this vacuum is designed for comfortable use throughout the home. Onboard tool storage keeps accessories close at hand, while the 2-in-1 dusting brush and upholstery tool, crevice tool, and extension tube provide added flexibility for cleaning every corner of your home. Combining powerful suction, impressive reach, and trusted Hoover performance, it's a practical solution for keeping every room cleaner with less effort.

- ✓ Lightweight and easy to manoeuvre
- ✓ Suitable for carpets, hard floors, stairs and upholstery
- ✓ Large 3L bagless dust cup
- ✓ 12.5m cleaning radius with 4.5m retractable hose
- ✓ Includes mini turbo pet hair brush
- ✓ Size: H109 x W32 x D31cm

yimbly.com/Offer14 Quote **Offer14** Offer ends 1st September

☎ **UK Customer Service** 0161 444 9879 | **Now Open 7 Days a Week**

VISA PayPal AMEX Pay G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

★ Trustpilot ★★★★★

RUSSELL GRANT

♈ ARIES MAR 21-APRIL 20

You're full of ideas and ready to share them, which puts you in a strong position. Conversations with friends or collaborators could spark something exciting. You're more emotionally grounded than usual, making it easier to say what you mean. Take advantage of that. Be open and don't underestimate how inspiring your energy is right now.

For more call **0905 789 4171**
(80p/min + network access charge)

♉ TAURUS APRIL 21-MAY 21

A quiet but powerful realisation is forming, especially around home, money, or long-term priorities. Something clicks, and it helps you see what needs adjusting. A chat with someone close could deepen your understanding further. Revisit your plans with fresh eyes. Small changes can lead to much greater stability and satisfaction later on.

For more call **0905 789 4172**
(80p/min + network access charge)

♊ GEMINI MAY 22-JUNE 21

You're in your element – curious, expressive, and connecting easily with others. Conversations feel meaningful, and that's where the magic is. A spontaneous moment in romance or friendship could lift your mood. Say what you feel and let things unfold naturally. Strengthening bonds now will bring lasting rewards, especially if you stay genuine.

For more call **0905 789 4173**
(80p/min + network access charge)

♋ CANCER JUNE 22-JULY 23

Your inner world is calling for attention, and it's worth listening to. Reflection brings clarity, especially around values and direction. Work and home life can align smoothly if you trust your instincts instead of second-guessing them. A heartfelt moment with someone close could bring comfort. You're moving in the right direction – just don't rush the process.

For more call **0905 789 4174**
(80p/min + network access charge)

♌ LEO JULY 24-AUG 23

You're thriving in connection with others today. Friendships feel energising, and shared ideas can lead to exciting possibilities. This is a great time to talk about plans, dreams and future goals. Your confidence draws people in, but it's sincerity that keeps them there. Stay open and collaborative. What you build with others now has real potential.

For more call **0905 789 4175**
(80p/min + network access charge)

♍ VIRGO AUG 24-SEPT 23

Clarity arrives in your work or routine, helping you see what's working and what isn't. Use it. A new idea or collaboration could improve things quickly if you act on it. Emotionally, you're more in tune than usual, making it easier to express what you need. Don't hold back. Honest communication brings both relief and progress.

For more call **0905 789 4176**
(80p/min + network access charge)

♎ LIBRA SEPT 24-OCT 23

Inspiration is flowing, and it's pushing you to explore something new. Whether it's a creative idea, a conversation, or even a change in perspective, follow it. Friends or colleagues may play a key role in opening doors. A deeper discussion about relationships could also bring clarity. Stay open. The more flexible you are, the more rewarding the outcome.

For more call **0905 789 4177**
(80p/min + network access charge)

♏ SCORPIO OCT 24-NOV 22

You're seeing your path more clearly, especially in your career or long-term plans. Use this focus to take a decisive step. At the same time, emotional connections deepen, particularly through honest conversations. Don't hold back – there's strength in being direct. A moment of reflection could reveal something important about what you want.

For more call **0905 789 4178**
(80p/min + network access charge)

♐ SAGITTARIUS NOV 23-DEC 21

Your relationships feel more alive, with conversations bringing insight and connection. This is a great time to be honest about your thoughts and feelings. A new idea or perspective could also shift how you approach a situation. Stay curious. The more open you are, the more you gain. There's real potential for growth here, both personally and professionally.

For more call **0905 789 4179**
(80p/min + network access charge)

♑ CAPRICORN DEC 22-JAN 20

You're being pushed to look a little deeper – at your priorities, your work, and your emotional world. It's not uncomfortable, just necessary. A conversation could reveal something important, especially around shared goals. Trust yourself when making decisions. You're building something and today helps you refine exactly what that is.

For more call **0905 789 4180**
(80p/min + network access charge)

♒ AQUARIUS JAN 21-FEB 19

Relationships feel lighter but more meaningful at the same time. There's a natural flow in communication that helps you connect more deeply with others. Creative ideas also come easily, so don't ignore them. Whether it's work or personal life, collaboration brings the best results now. Stay open, stay honest, and let things evolve naturally.

For more call **0905 789 4181**
(80p/min + network access charge)

♓ PISCES FEB 20-MAR 20

There's a strong emotional awareness guiding you, especially in your daily life. You're starting to see what supports you, and what drains you. Act on that. A conversation with someone close could bring comfort or clarity. Balance responsibilities with your emotional needs, and you'll find a smoother rhythm. Trust yourself – you're reading things correctly.

For more call **0905 789 4182**
(80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration.
You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline **0333 202 3390**

PUB QUIZ ANSWERS **1.** Manchester United **2.** Femur **3.** Indonesia **4.** Joaquin Phoenix **5.** Paul Simon

---

YOUR VOICE MAKE YOURSELF HEARD

Edited by **HANNAH BRITT**

THE BIG ISSUE

Past governments leave PM no choice

The government has now revised its controversial plan to release thousands of prisoners early in England and Wales by excluding those sentenced for rape, serious child sex cases and grooming. You say...

● THE Conservative Party has some cheek to complain about the revisions to the prisoner early release scheme.

When Labour came to power in July 2024, the whole justice system was on the brink of collapse and prisons across England were 99% full.

Why? Well, during their most recent stint in power, the Conservatives cut 12,500 prison places, sacked thousands of prison officers, released thousands of prisoners early, and part-privatised the probation service.

Jessica Goetia Brooking, Havant, Hampshire

● Failure by the Tories to build prisons leaves us with another fine mess. However, there must be many low-level inmates who could be tagged and processed outside of jail. Violent criminals, sex predators and abusive offenders should be locked up for their full term.

I have also never understood why someone sentenced to life can walk free, sometimes in under 15 years.

John Sedgwick, Tamworth, Staffs

● Critics of the government's plan to address the prison overcrowding crisis by granting early release to 5,000 prisoners – including some convicted of manslaughter, domestic abuse, stalking and assault – forget that the government needs extra cell space to hold the so-called "terrorists" arrested since July 5, 2025 for holding up signs with "I oppose genocide. I support Palestine Action" on them.

Sasha Simic, Hackney, East London

● We have had a prison problem for many years. The solution is simple.

Build more prisons.

There are loads of places where they can be built – on islands or on open land.

Phil German, Aberdare, Rhondda Cynon Taf

● Although I appreciate Labour needs to find more cells for prisoners, good behaviour in prison is easy when there is no temptation or circumstance. Considering around a quarter of those released reoffend, wouldn't it be simple to check which crimes and be reluctant to release those in these categories?

Geoff Willmetts, Bridgwater, Somerset

● Andy Burnham must put a stop to this madness. The early release of some prisoners is highly insensitive and will bring back horrific nightmares to the victims' families.

This is not justice.

What kind of a message does this send to those who commit such vile, heinous crimes?

Richard Mikula, Nottingham

TO THE POINT

I am a blue collar trade unionist. It is imperative the Labour government gives the green light to full North Sea oil expansion.

As well as the immediate front line, so much supply side manufacturing revolves around the North Sea oil sector. This includes outlets in Mr Burnham's Manchester. Blue collar employment would be a winner. The Prime Minister also talks of reindustrialisation.

Finally, one needs oil as a feedstock in green tech itself.

Oil plays a role in the very maintenance of green tech such as wind turbines, nuclear plants and rail.

John Barstow, Fittleworth, West Sussex

TV TOPICS

Katie Price: Nothing To Hide (Sky Documentaries) did not disappoint.

This four parter, marking 30 years in the career of the model-turned-reality star and entrepreneur, showed why Katie and her alter ego, Jordan, became one of the most famous women in Britain.

Katie's life has been such a rollercoaster and she reflected on it with humour and honesty.

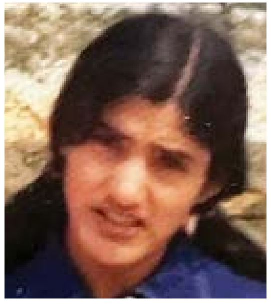
This no-holds-barred series made for riveting viewing.

John Rutherford, Sevenoaks, Kent

WIN £5

missing people

Registered Charity in England and Wales (1020419) Scotland (SC047419)



This week marks the birthday of Sarjit Kaur Mann, who was 20 when she went missing from Smethwick, West Midlands, on September 22, 1976.

If you think you may have seen Sarjit, please contact us.

Sarjit, we'd love to hear from you.

Call. Text. Free. Confidential. 116 000.

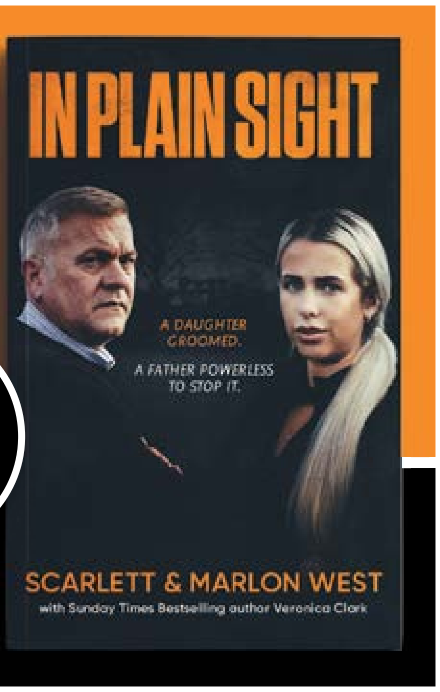
FACEBOOK.COM/DAILYMIRROR X/THREADS @DAILYMIRROR
DAILY MIRROR, ONE CANADA SQUARE, LONDON E14 5AP

A DAUGHTER GROOMED
A FATHER POWERLESS TO STOP IT

Written with Sunday Times bestselling author VERONICA CLARK

AMAZON

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON


IN PLAIN SIGHT
A DAUGHTER GROOMED.
A FATHER POWERLESS TO STOP IT.
SCARLETT & MARLON WEST
with Sunday Times Bestselling author Veronica Clark

ON SALE NOW

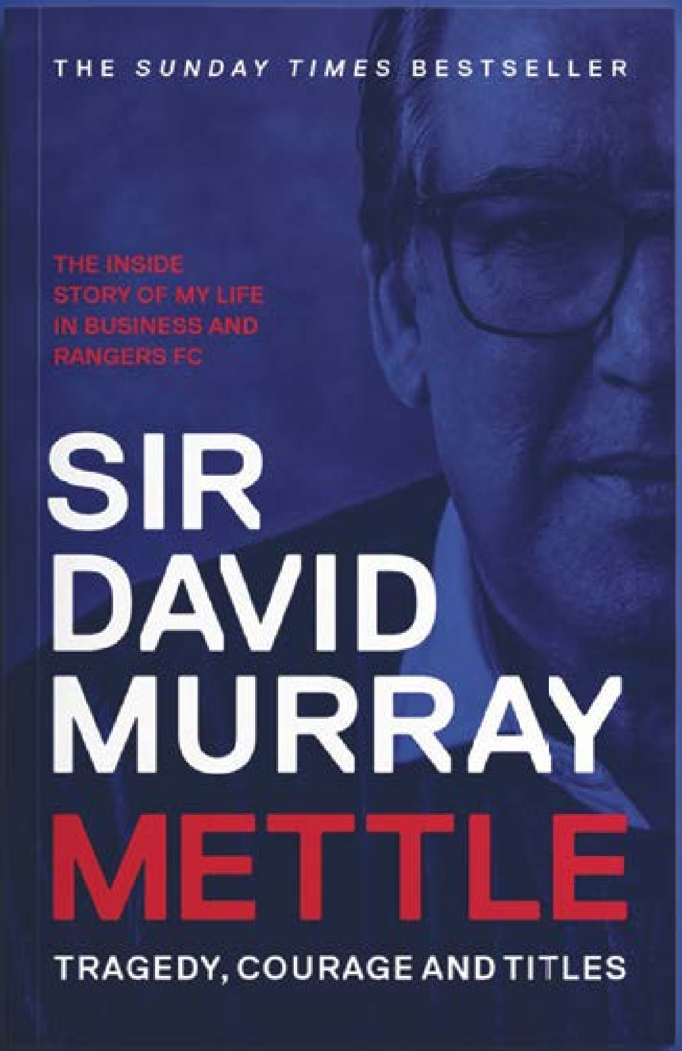
ARIANA
GRANDE
OK!
THE ETERNAL SUNSHINE TOUR SPECIAL
INSIDE THE EXTRAORDINARY LIFE OF A POP POWERHOUSE

AVAILABLE IN SHOPS, AND AT
ok.co.uk/ariana

Online purchase price excludes P&P. See website for details.

NEW IN PAPERBACK

A SUNDAY TIMES BESTSELLER


THE SUNDAY TIMES BESTSELLER
THE INSIDE STORY OF MY LIFE IN BUSINESS AND RANGERS FC
SIR DAVID MURRAY
METTLE
TRAGEDY, COURAGE AND TITLES

THE UNTOLD, INSIDE STORY OF MY LIFE AT RANGERS FC AND IN BUSINESS

AMAZON

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

NEWMARKET

RTV

NEWSBOY
5.27 FARASAN
6.02 ZARAKOVA
6.37 NABATI
7.12 HAVANA BLUE
7.47 ARETI
8.22 SHIMMERING SANDS

BOUVERIE
5.27 HIERAX
6.02 OH SWEET ADARE
6.37 NABATI
7.12 HAVANA BLUE
7.47 ROGUE CITATION
8.22 LUCKY HERO

GOING: Good to Firm.
COURSE: July course is an undulating galloping track of 2m. All races upto a mile are on the straight course.
DRAW: Little effect
TOP TRAINERS: C Appleby 75-207 (36.2%), J & T Gosden 34-164 (20.7%), A Balding 21-130 (16.2%), W Haggas 20-133 (15.0%), E Walker 17-70 (24.3%), S C Williams 16-116 (13.8%), C Johnston 16-123 (13.0%), R Hannon 13-200 (6.5%), D O'Meara 12-57 (21.1%), M Botti 11-65 (16.9%), J Chapple-Hyam 10-82 (12.2%).
TRAINER TARGETS (won today's race at least twice in last 10 years): C Appleby won the 5.27 in '21, '22 and '25.
TOP JOCKEYS: Oisin Murphy 22-97 (22.7%), Billy Loughnane 21-102 (20.6%), James Doyle 20-130 (15.4%), Neil Callan 19-126 (15.1%), Cieren Fallon 13-118 (11.0%), David Egan 13-109 (11.9%), Marco Ghiani 13-116 (11.2%), Rob Hornby 13-91 (14.3%), Saffie Osborne 12-80 (15.0%), Harry Davies 10-77 (13.0%), Jason Watson 8-27 (29.6%), George Wood 4-40 (10.0%), Pat Dobbs 4-38 (10.5%), Grace McEntee 2-18 (11.1%), William Cox 2-8 (25.0%).
CHEEKPIECES: 7.47 Lexington Express.
TONGUE STRAPS: 5.27 Re Shardana*, 7.12 Akabusi, 7.47 Areti, Rogue Citation, 8.22 Shimmering Sands. (*=1st time).
1ST RUN SINCE WIND OP: 7.12 Lil Brother.
PROFITABLE RACES FOR FAVS: 5.27.

5.27 ZYN FRONTRUNNER NEWCOMERS' 'CONFINED' MDN STKS (3) (2-Y-O) 7f Winner £6,700 (8)

SPOT FORM

1 (1) **DESERT CASTLE** C Appleby 9-7 (SF)........B Loughnane - -
Frankel colt out of Sand Vixen.
2 (3) **FARASAN** J & T Gosden 9-7 (F)........O Murphy - -
Teofilo colt out of Endless Charm.
3 (2) **HIERAX** W Haggas 9-7........C Fallon - -
Frankel colt out of Katie's Diamond.
4 (7) **MY BOY** A Balding 9-7 (EW)........Jason Watson - -
Australia colt out of Navaro Girl.
5 (6) **NETHERSTREAM** J Chapple-Hyam 9-7........David Egan - -
Pinatubo colt out of Mozzarella.
6 (5) **NIDAL** S C Williams 9-7........M Ghiani - -
Mayson colt out of Caerphilly.
7 (4) **RE SHARDANA** Hayley Burton 9-7........G Wood - -
Victor Ludorum colt out of Reimagined.
8 (8) **SOMMOOD** S & E Crisford 9-7........James Doyle - -
Kingman colt out of Silence Please.

BETTING: 13-8 Desert Castle, 11-4 Farasan, 9-2 Hierax, 5 Sommood, 12 My Boy, 16 Netherstream, 50 Nidal, 100 Re Shardana.
2025: AL ZANATI 9 7, William Buick 10-11 Fav (C Appleby), drawn (4), 9 ran.

6.02 ZYN POLE POSITION MAIDEN FILLIES' STAKES (3) (2-Y-O) 1m Winner £6,185 (4 run)

1 (3) 7 **BINT PALACE PIER** (14) R Hughes 9-2........David Egan 62 GS
2 (4) **LILY PINK** C Johnston 9-2........R Hornby - -
3 (2) **OH SWEET ADARE** C Appleby 9-2 (SF)........B Loughnane - -
4 (1) 62 **ZARAKOVA** (22) A Balding 9-2 (BF) (F)........O Murphy ●79 G

BETTING: 4-6 Oh Sweet Adare, 9-4 Zarakova, 10 Bint Palace Pier, Lily Pink.
2025: EVOLUTIONIST 9 2, Shane Foley 13-8 Fav (K R Burke), drawn (7), 8 ran.

6.37 CARLING NOVICE STAKES (4) (2-Y-O) 6f Winner £5,234 (5 run)

1 (1) 12 **NABATI** (21) C Appleby 9-11 (BF, D) (SF)........B Loughnane ●97 GF
2 (5) 1 **TAWAKAL** (21) S & E Crisford 9-11 (D) (F)........James Doyle 82 GF
3 (3) **AL WIDYAN** A Balding 9-4........O Murphy - -
4 (4) **ROLL UP RAYMOND** Gihan Arnolda 9-4........G Wood - -
5 (2) 87 **THE RESDEV ROCKET** (14) M & D Easterby 9-4........S Osborne 64 GF

BETTING: 8-13 Nabati, 11-4 Tawakal, 5 Al Widyan, 25 The Resdev Rocket, 50 Roll Up Raymond.
2025: No corresponding race.

7.12 MOLSON COORS BEVERAGE COMPANY HANDICAP (4) 6f Winner £6,542 (10 run)

1 (10) -65422 **HAVANA BLUE** (14) J Camacho 6 10-0 (BF, C) (SF)........James Doyle 85 G
2 (8) 61495- **LIL BROTHER** (249) Michael Keady 3 9-12........K S McHugh (7) 77 G
3 (1) 329-06 **ASPULL** (35) P McEntee 4 9-9........Grace McEntee ●86 G
4 (7) 623211 **SPRING BLOOM** (7) J Butler 9 9-9 (CD) (F)........N Callan 81 GF
5 (5) 513200 **FISCAL POLICY** (14) R Carr 7 9-8 (D)........B Loughnane 84 G
6 (6) 361113 **FENLANDER** (20) Mrs P Sly 5 9-8 (D)........R Hornby 84 FM
7 (9) 4-7850 **FIFTY NIFTY** (11) Martin Dunne 5 9-6 (C) (EW)........C Fallon 75 G
8 (3) 2172-0 **ROYAL ACCORD** (14) P Chapple-Hyam 4 9-6 (CD)........H Davies 84 ST
9 (2) 100505 **THE CALTONIAN** (18) (B) Miss L Perratt 7 9-3 (D)........O Murphy 80 ST
10 (4) 814840 **AKABUSI** (21) (B) M Murphy 3 9-2 (D)........S Osborne 82 G

BETTING: 13-8 Spring Bloom, 11-4 Havana Blue, 4 Fenlander, 12 The Caltonian, 14 Lil Brother, 16 Fifty Nifty, Akabusi, 20 Aspull.
2025: ANGEL SHARED 4 10 1, Dougie Costello 12-1 (Steph Hollinshead), drawn (1), 14 ran.

7.47 REKORDERLIG FILLIES' HANDICAP (5) 7f Winner £5,154 (7 run)

1 (4) 8-4134 **HILLTOP** (16) D & C Kubler 5 10-2 (D) (F)........S Osborne 76 G
2 (7) 252441 **ARETI** (9) Oliver Cole 3 9-10 (D) (SF)........B Loughnane 74 GF
3 (2) 31-63 **ROGUE CITATION** (30) E Bethell 3 9-7........H Davies 73 GF
4 (6) -02563 **ALBESEEINGYER** (53) Steph Hollinshead 7 9-7 (CD)........David Egan ●78 G
5 (5) 121148 **LEXINGTON EXPRESS** (34) M Botti 3 9-7........M Ghiani 70 ST
6 (3) 2-2419 **SHOW ME GOLD** (21) T Dascombe 3 9-2 (D)........W Cox 74 SS
7 (1) 435- **MELODICAL** (302) E Walker 3 8-11........O Murphy 70 G

BETTING: 11-4 Areti, 3 Hilltop, 10-3 Rogue Citation, 5 Albeseeingyer, 7 Melodical, 16 Lexington Express, Show Me Gold.
2025: WONDERBOLT 3 8 13, David Egan 6-1 (K R Burke), drawn (6), 8 ran.

8.22 ASPALL HANDICAP (5) 1m 2f Winner £5,154 (3 run)

1 (1) 534-11 **SHIMMERING SANDS** (39) M & D Easterby 7 9-12 (D)........O Murphy 80 G
2 (2) -10431 **LUCKY HERO** (9) D O'Meara 3 9-4 (D) (SF)........B Loughnane ●86 G
3 (3) -43632 **BLUE NOON** (14) R Hannon 3 9-4........P Dobbs 78 G

BETTING: 10-11 Shimmering Sands, 6-4 Lucky Hero, 11-2 Blue Noon.
2025: CHARMING WHISPER 4 10 2, Sean Levey 9-2 (P McBride), drawn (10), 9 ran.

DAILY Mirror
LIVE RACING COMMENTARIES AND RESULTS with Sports Radio
CALL 0901 609 0416
(65p per min)
GREYHOUND COMMENTARIES AND RESULTS
0901 609 0434
(65p per min)
CALLS COST 65p per min plus your telephone company's network access charge. 18+ only. SP: Spoke, AL10 9NA. Helpline: 0333 202 3390

THEKNOW RACING SERVICE
LATEST WINNERS
KON TIKI WON 7-2 (Ascot)
NEVER ENOUGH WON 11-8 (Ascot)
SORRENGAIL WON 2-1 (Ascot)
HALE END WON 9-4 (Ayr)
INDEFENSIBLED WON 11-10 (Redcar)
INSPIRE WON 2-1(Hamilton)
DON'T MISS OUT!
Call 0906 174 2314
from 9am daily
Calls cost £1.50 per min plus your network access charge.
You must be 18+.
Helpline: 0333 202 3390

OSBORNE'S TITLE DREAM

TEAM CAPTAIN Saffie Osborne

BY **JON LEES**

SAFFIE OSBORNE yesterday said her 2026 successes have proved she is on a pathway towards challenging for the jockeys' championship in the future.

The 24-year-old will captain a Britain & Ireland team of Ryan Moore and Dylan Browne McMonagle (right), both former or present champions, at tomorrow's Dubai Duty Free Shergar Cup at Ascot.

Osborne has climbed to seventh in the jockeys standings with 40 wins this season, while her prize-money earnings exceed her 2024 best, thanks to high profile victories in the Weatherbys Super Sprint and Moet & Chandon International.

"Anyone that starts off in this job, not wanting to be champion jockey, shouldn't be doing it because it's so tough and gruelling that if you're not aiming to be at the top, then I don't know why you're really doing it, to be honest," she said.

"In 2024 I rode a large number of winners, but I lacked riding a top-quality horse, which is starting to come now.

"Then last year I was just plagued with problems. I got injured twice and I had to cut my season short just as it started to get going again.

"It just felt like nothing was kind of clicking into the right place and then in the back of your mind you're hoping you haven't plateaued or reached the level of where you're going to be.

"I think this year has proved that's not the case."

Osborne has ridden 21 winners at Ascot, including two on her only previous Shergar Cup appearance and a treble on King George day.

HAYDOCK JACKPOT

RTV

5.43 ZYN POLE POSITION EBF NOVICE STAKES (3) 1m 2f Winner £7,020 (3 run)

SPOT FORM

1 (3) 41 **ANCESTOR** (30) W Haggas 3 9-11 (D) (SF)........T Marquand ●87 GF
12-1 (9-6) Won at Yarmouth 1m 2f mdn stks (3) gf beating Waterford Castle (9-6) by 1¾l
2 (1) 5-5 **GOLDEN CAVIAR** (8) E Dunlop 3 9-4........H Crouch 74 GF
20-1 (9-4) 5th of 8, 10l behind Bintward (9-2) at Wolverhampton 1m 1f mdn stks (4) in Jul
3 (2) 43 **TROPICAL SANDS** (57) E Walker 3 8-13........C Lee 84 G
9-1 (9-2) 3rd of 11, 7l behind Manaar (9-2) at Newbury 1m 1f nov stk (4) gs in Jun

BETTING: 4-6 Ancestor, 7-4 Tropical Sands, 8 Golden Caviar.
2025: No corresponding race.

6.18 ZYN IN THE MOMENT AMATEUR JOCKEYS' HANDICAP (5) 1m 6f Winner £4,222 (8 run)

1 (5) 66-681 **DREAM HARDER** (8) M Loughnane 7 11-3 (SF)....Mr Jack Loughnane (7) 59 ST
10-1 (9-7) Won at Epsom Downs 1m 4f hcp 0-75 (5) gf beating Two Plus Two (8-9) by nk
2 (8) 128402 **FAST FRED** (27) Phillip Makin 6 11-2 (BF) (F)........Miss P Brown (3) 62 G
3-1fav (9-9) 2nd of 8, hd behind Nibras Gold (9-9) at Chester 1m 4f hcp 0-75 (5) gd in Jul
3 (2) 137532 **CAPH STAR** (15) M Rimell 7 11-1........Mr Harry Rimell (7) 61 ST
3-1 (10-7) 2nd of 8, ½l behind Raintown (9-12) at Newbury 1m 2f amat hcap (5) gf in Jul
4 (3) 213310 **CLANSMAN** (41) L Bailey 8 10-12 (D)........Miss Amy Collier 63 GS
50-1 (8-4) 17th of 20, 12l behind Believitanducan (9-6) at Newcastle 2m hcp (2) in Jun
5 (7) -10533 **MADE ALL** (J20) S England 5 10-11 (BF)........Rebecca Hitchen (5) 60 GS
8-15fav (11-5) 3rd of 6, 3½l off Palazzo Persico (10-8) at Catterick 1m 4f am hcp (0-70) (4yo+) (5) gf
6 (6) 3-0622 **ARRANGE** (7) M Todhunter 8 10-10 (C, D)........Mr Eireann Cagney 62 S
4-1 (9-3) 2nd of 6, ¾l behind Inappropriate (9-9) at Musselburgh 2m hcp 0-75 (5) gd in Jul
7 (1) 677-76 **EDWARD SEXTON** (109) G & J Moore 6 10-6........Mr D Dunsdon 59 SS
22-1 (9-1) 6th of 9, 6l behind Double Red (9-6) at Lingfield 1m 2f hcp 0-75 (5) pol in Apr
8 (4) 322624 **HAVACHOC** (31) P Morris 4 9-13 (BF) (EW)........Mr Lucas Murphy (5) ●64 ST
7-4fav (10-1) 4th of 6, 1¾l behind V Power (9-9) at Wolverhampton 1m 6f hcp 0-60 (6) in Jul

BETTING: 7-2 Dream Harder, 4 Fast Fred, Arrange, Caph Star, 6 Made All, 12 Havachoc, 14 Edward Sexton, 16 Clansman.
2025: ARCON 5 10 13, Mr Jamie Neild(3) 20-1 (J Candlish), drawn (2), 9 ran.

6.53 ZYN PACESETTER CUP NURSERY (3) (2-Y-O) 5f Winner £7,731 (6 run)

1 (5) 106 **GOD GIVEN TALENT** (21) W Haggas 9-9 (F)........T Marquand 87 G
20-1 (9-2) 6th of 10, 4½l behind Arapaho Gold (9-2) at Newbury 6f 2yo lst stk (1) gf in Jul
2 (4) 220 **DANCE A JIG** (51) R Beckett 9-9........H Crouch 86 G
12-1 (9-2) 23rd of 25, 15l behind King Of Cloughan (9-2) at Royal Ascot 6f 2yo lst stk (1) gf
3 (3) 62120 **JAIJAI** (7) R Hannon 9-5 (D)........S M Levey 88 G
18-1 (9-5) 16th of 18, 13l behind Revels (9-6) at Goodwood 6f 2yo hcp (2) gf in Jul
4 (6) 142318 **UNDERCOVER AFFAIR** (9) P Evans 9-3 (D)........R Kavanagh (3) 89 GF
33-1 (9-3) 8th of 11, 8l behind Pershaada (9-0) at Goodwood 5f 2yo Grp 3 (1) gf in Jul
5 (1) 18 **ROTELLE** (13) C Fellowes 8-13 (D)........P Bradley 90 G
9-2 (9-11) 8th of 14, 4½l behind Asander (9-4) at Newcastle 6f nov stks (4) in Jul
6 (2) 262 **CASINO STAR** (27) K R Burke 8-12 (SF)........C Lee ●91 G
2-1 (9-2) 2nd of 6, nk behind Hell Of A Spin (9-7) at Hamilton 5f 2yo mdn (4) gd in Jul

BETTING: 2 God Given Talent, 5-2 Casino Star, 4 Dance A Jig, 13-2 Rotelle, 8 Undercover Affair, 14 Jaijai.
2025: SILENT APPLAUSE 9 9, Oisin Murphy 5-6 Fav (C Appleby), drawn (1), 3 ran.

7.28 ZYN FRONTRUNNER FINISH EBF MAIDEN STAKES (3) (2-Y-O) 1m Winner £7,020 (6 run)

1 (2) 6 **ARTHURIAN** (21) A Balding 9-7 (SF)........C Hutchinson ●80 GF
8-1 (9-4) 6th of 12, 3l behind Fuel The Jet (9-4) at Newbury 7f 2yo nov stk (3) gf in Jul
2 (4) **BURNING UP** K R Burke 9-7 (F)........C Lee - -
Too Darn Hot colt out of Elasia.
3 (3) **GOLDEN FALCON** S bin Suroor 9-7........P Bradley - -
Space Blues colt out of Hysterical.
4 (6) **KING KENNY** A Brittain 9-7........H Russell - -
Space Traveller colt out of Ittasal.
5 (1) 06 **PARRY GREEN** (13) L Williamson 9-7........S B Kirrane 38 GF
250-1 (9-7) Last of 6, 19l behind Velociraptor (9-7) at Chester 7f 2yo mdn (3) gd in Jul
6 (5) **SKYLAR** C Johnston 9-7........H Crouch - -
Australia colt out of Si Luna.

BETTING: 2 Arthurian, 11-4 Burning Up, 3 Golden Falcon, 5 Skylar, 8 King Kenny, 150 Parry Green.
2025: No corresponding race.

8.03 ZYN STRONG STRIDE EBF FILLIES' RESTRICTED NOVICE STAKES (3) (2-Y-O) 7f Winner £7,020 (9 run)

1 (7) 1 **SYNDICALE** (17) K R Burke 9-6 (D) (F)........C Lee 73 ST
1-2fav (9-2) Won at Wolverhampton 7f 2yo mdn fll (4) beating Jazzy Blue (8-13) by ½l, 9 ran
2 (1) **REMEMBER THE SHOW** E Walker 9-2........T Marquand - -
Showcasing filly out of I Remember You.
3 (6) **SCRAPPETALENE** C Johnston 9-2........J Hart - -
Camelot filly out of Ninfea.
4 (3) **SEA ANGIE RUN** Tom Clover 9-2 (EW)........J Mitchell - -
Ghaiyyath filly out of Short Call.
5 (5) 6 **EXPENSIVE LUXURY** (21) K R Burke 8-13........S M Levey 48 ST
20-1 (8-8) 6th of 8, 13l behind Bated Benevolence (9-6) at Wolverhampton 6f (4) in Jul
6 (9) 5 **FRESHWATER** (16) D O'Meara 8-13 (BF)........M Winn 64 GF
2-1fav (9-2) 5th of 10, 8l behind Missouri Waltz (9-2) at Catterick 7f 2yo mdn (4) gf in Jul
7 (8) 2 **SILVER SOVEREIGN** (17) C Cox 8-13 (SF)........H Crouch ●86 G
13-2 (9-2) 2nd of 5, 2l behind Topaz (9-2) at Salisbury 6f 2yo fll nov stks (4) gf in Jul
8 (2) 7 **TRADITTION** (16) T Easterby 8-13........S B Kirrane 60 GF
18-1 (9-2) 7th of 10, 10l behind Missouri Waltz (9-2) at Catterick 7f 2yo mdn (4) gf in Jul
9 (4) 324 **APHRA BEHN** (25) R Beckett 8-10 (BF)........R Clutterbuck 85 ST
8-13fav (8-13) 4th of 9, 1½l behind Ardad Steve (9-7) at Lingfield 7f 2yo mdn stks (4) pol

BETTING: 5-2 Silver Sovereign, 11-4 Syndicale, Aphra Behn, 10 Remember The Show, Scrappetalene, 14 Sea Angie Run, 16 Freshwater, 25 Expensive Luxury, 33 Tradittion.
2025: No corresponding race.

8.38 FIND YOUR ZYN MOMENT STRIDE HANDICAP (5) 7f Winner £4,449 (11 run)

1 (5) U-3311 **DISTINCT SPIRIT** (6) D & C Kubler 6 10-0 (D) (SF)........Ebrahim Nader ●85 GF
5-4fav (10-6) Won at Lingfield 1m app hcp 0-75 (5) gf beating Allegrino (8-11) by 2l, 3 ran
2 (4) 321212 **FARANDAWAY** (15) G Tuer 4 9-9 (D)........O Stammers 81 G
11-4 (9-9) 2nd of 6, 1¼l behind Commander Of Life (9-9) at Doncaster 7f hcp 0-75 (5) gf
3 (2) -04485 **MONTEZIN** (13) A Brittain 4 9-8........H Russell 81 ST
18-1 (9-5) 5th of 15, 2½l behind Dwindling Funds (9-6) at York 1m hcp 0-80 (4) gf in Jul
4 (10) 584106 **CRIMINAL SHORE** (19) (V) D O'Meara 4 9-8........M Winn 83 GF
9-2 (9-11) 6th of 7, 12l behind Rajapour (9-9) at Redcar 1m hcp 0-75 (5) gf in Jul
5 (8) 89-633 **RAFFLES ANGEL** (15) Jack Jones 5 9-7 (C)........J Hart 82 FM
8-1 (10-1) 3rd of 8, 2¼l behind Waistcoat (10-2) at Newbury 6f hcp 0-75 (5) gf in Jul
6 (11) 23-676 **POTOMAC RIVER** (29) T Kent 4 9-6........J Mitchell 82 ST
8-1 (9-9) Last of 6, 9l behind Silver Trumpet (9-7) at Epsom Downs 7f hcp 0-75 (5) gf in Jul
7 (3) 911714 **EVOCATIVE SPARK** (69) (V) J Riches 7 9-6 (BF, D)........S B Kirrane 81 GF
11-8fav (9-6) 4th of 6, 6l behind Holbache (8-9) at Catterick 6f hcap (5) gf in May
8 (7) 21-641 **TOKYO JOE** (24) E Walker 4 9-5 (D) (F)........T Marquand 84 GF
10-11fav (9-8) Won at Ffos Las 7f hcp 0-70 (5) gd beating Spirit Of The Bay (9-3) by nk, 9 ran
9 (9) 041312 **INVINCIBLE RUBY** (14) I Jardine 4 9-3 (D)........H Crouch 82 GF
33-1 (8-10) 2nd of 18, ½l behind Jonny Concrete (9-3) at York 7f hcp 0-80 (4) gf in Jul
10 (1) 6-9316 **MAGIC MUSIC** (42) Steph Hollinshead 4 9-2 (BF, D)........C Lee 82 GF
10-3fav (9-2) 6th of 7, 7l behind Beale Street (9-8) at Doncaster 7f hcp 0-70 (5) gf in Jun
11 (6) 666852 **BAJAN BANDIT** (31) (V) P Morris 6 8-9 (CD) (EW)........R Kavanagh (3) 82 G
13-2 (8-13) 2nd of 12, 3l behind Reds And Wolves (9-8) at Wolverhampton 1m 1f hcap 0-70 (5)

BETTING: 3 Distinct Spirit, 7-2 Tokyo Joe, 6 Invincible Ruby, 13-2 Farandaway, 8 Raffles Angel, 10 Bajan Bandit, 14 Montezin, Evocative Spark.
2025: CROWN'S LADY 4 9 9, Callum Rodriguez 10-3 (E Bethell), drawn (1), 11 ran.

LONGEST TRAVELLER

By road, trainer Eve Johnson-Houghton sends EXTENDED ORDER (2.50) on a 375-mile trip from Blewbury, Oxfordshire to Musselburgh.

TODAY'S FAB 4 TIPS

NORTHERNER'S NAP
WOOHOO
(3.50 Musselburgh)

TOPSPOT
MILITARY GIRL
(3.40 Thirsk)

NEWMARKET'S BEST
DESERT CASTLE
(5.27 Newmarket)

SPEEDHORSE
MISEMERALD
(4.54 Musselburgh)

NEWSBOY
5.43 ANCESTOR
6.18 FAST FRED
6.53 GOD GIVEN TALENT
7.28 GOLDEN FALCON
8.03 SYNDICATE
8.38 RAFFLES ANGEL

BOUVERIE
5.43 ANCESTOR
6.18 FAST FRED
6.53 CASINO STAR
7.28 ARTHURIAN
8.03 SILVER SOVEREIGN

GOING: Good.
COURSE: Left-handed oval track of 1m 5f with a 4f straight. The 5f & 6f races are run on the straight.
DRAW: A high draw is a big advantage, especially on soft.
TOP TRAINERS: W Haggas 47-183 (25.7%), K R Burke 34-205 (16.6%), E Walker 30-142 (21.1%), D O'Meara 27-197 (13.7%), R Beckett 22-112 (19.6%), A Balding 16-124 (12.9%), C Cox 16-89 (18.0%), T Easterby 14-231 (6.1%), C Johnston 12-100 (12.0%), R Hannon 11-122 (9.0%), S England 9-42 (21.4%), C Fellowes 8-43 (18.6%), E Dunlop 6-34 (17.6%), G & J Moore 6-22 (27.3%), D & C Kubler 6-37 (16.2%), G Tuer 6-45 (13.3%), P Evans 5-61 (8.2%), Steph Hollinshead 4-32 (12.5%), M Todhunter 3-16 (18.8%), I Jardine 3-59 (5.1%).
TOP JOCKEYS: Tom Marquand 35-190 (18.4%), Hector Crouch 19-102 (18.6%), Clifford Lee 16-138 (11.6%), Jason Hart 8-120 (6.7%), Sean Levey 7-60 (11.7%), Jack Mitchell 7-48 (14.6%), Mark Winn 4-34 (11.8%), Oliver Stammers 4-21 (19.0%), Callum Hutchinson 3-16 (18.8%), Sean Kirrane 3-40 (7.5%), Rhys Clutterbuck 3-10 (30.0%), Mr E Cagney 1-6 (16.7%), Miss A Collier 1-2 (50.0%), Paddy Bradley 1-7 (14.3%), Mr Harry Rimell 0-0 (0.0%), Mr Jack Loughnane 0-0 (0.0%).
CHEEKPIECES: 6.18 Dream Harder, Fast Fred, Havachoc, 8.38 Montezin.
TONGUE STRAPS: 6.18 Caph Star, Dream Harder, Made All, 8.38 Montezin. (*=1st time).
PROFITABLE RACES FOR FAVS: 8.38.

IN FORM William Haggas

TODAY'S ABC GUIDE TO FIVE UK MEETINGS

BRIGHTON - BG
HAYDOCK - HD
MUSSELBURGH - MU
NEWMARKET - NM
THIRSK - TH

Agric Ranger	4.40	TH
Akabusi	7.12	NM
Al Widyan	6.37	NM
Albeseeingyer	7.47	NM
Alnayef	4.24	MU
Amantha	2.50	MU
Ancestor	5.43	HD
Ancient Times	4.00	BG
Aphra Behn	8.03	HD
Approaching Dawn	1.50	MU
Areti	7.47	NM
Arrange	6.18	HD
Arthurian	7.28	HD
Arvana Belle	5.00	BG
Ashen	3.20	MU
Aspull	7.12	NM
Augustus Gloop	3.20	MU
Azuinthejungle	3.40	TH
Bajan Bandit	8.38	HD
Barnaby Rudge	2.20	MU
Basmaah	2.40	TH
Bated Breeze	4.30	BG
Bella Lucia	2.50	MU
Big Fun	3.50	MU
Big Time Rascal	4.30	BG
Bigalo	2.50	MU
Bint Palace Pier	6.02	NM
Blue Noon	8.22	NM
Bluestone Lady	2.50	MU
Bona Fortuna	4.00	BG
Bonjour Belle	3.10	TH
Burning Up	7.28	HD
Bymiddaytomorrow	3.10	TH
Caph Star	6.18	HD
Casino Star	6.53	HD
Cayman Tai	4.00	BG
Celebrating Ethel	3.30	BG
Chloe's Courage	4.54	MU
Clansman	6.18	HD
Consultation	3.10	TH
Criminal Shore	8.38	HD
Cruse On Bye	3.00	BG
Dance A Jig	6.53	HD
Desert Castle	5.27	NM
Diomed Spirit	2.30	BG
Distinct Spirit	8.38	HD
Dogged	3.30	BG
Dorothea Hope	2.40	TH
Dragon God	4.30	BG
Dream Harder	6.18	HD
Dreambird Dolly	2.30	BG
Drish Samphire	2.10	TH
Duskaura	4.00	BG
Eagle Bay	3.20	MU
Ecclefechan	3.50	MU
Edward Sexton	6.18	HD
Enamored	3.00	BG
Estella Havisham	2.40	TH
Evocative Spark	8.38	HD
Expensive Luxury	8.03	HD
Extended Order	2.50	MU
Faith In Florence	2.20	MU
Falcon Nine	1.50	MU
Farandaway	8.38	HD
Farasan	5.27	NM
Fast Fred	6.18	HD
Fenlander	7.12	NM
Fifty Nifty	7.12	NM
Filey Beach	4.54	MU
Fiscal Policy	7.12	NM
Fitzmaurice	3.30	BG
Freshwater	8.03	HD
Gemini Man	1.50	MU
Gerry's Darling	3.10	TH
Glory Fighter	3.40	TH
God Given Talent	6.53	HD
Golden Caviar	5.43	HD
Golden Falcon	7.28	HD
Golden Prosperity	2.10	TH
Golden West	4.10	TH
Great Profit	4.40	TH
Grey Horizon	4.00	BG
Gweedore	3.20	MU
Hakin Adraar	2.30	BG
Havachoc	6.18	HD
Havana Blue	7.12	NM
Hellcat	4.40	TH
Hierax	5.27	NM
Hilltop	7.47	NM
Hurstwood	2.10	TH
Inglewood	2.40	TH
Invincible Ruby	8.38	HD
J Street	3.40	TH
Jaijai	6.53	HD
Jer Batt	3.50	MU
Jonny Concrete	3.20	MU
Keep Me Stable	4.54	MU
King Cherry	5.00	BG
King Kenny	7.28	HD
Kodi K	4.30	BG
Lequinto	4.00	BG
Lexington Express	7.47	NM
Liberty Looming	1.50	MU
Lil Brother	7.12	NM
Lily Pink	6.02	NM
Liquid Cooled	4.40	TH
Little Mester	3.00	BG
Lope Y Linda	4.40	TH
Love Tanya	3.10	TH
Lucky Hero	8.22	NM
Made All	6.18	HD
Magic Music	8.38	HD
Majestic	4.10	TH
Manhattan Chute	4.30	BG
Marcellinus	4.00	BG
Mare Of London	4.40	TH
Mart	4.30	BG
Master Vintner	4.10	TH
Maui Breeze	4.54	MU
Maximum Velocity	4.40	TH
Melodical	7.47	NM
Military Girl	3.40	TH
Miners Gamble	1.50	MU
Minster Man	2.20	MU
Misemerald	4.54	MU
Mister Sky Blue	2.10	TH
Misunderstood	3.20	MU
Mollisha	2.40	TH
Monhammer	4.54	MU
Montezin	8.38	HD
Montezuma	3.50	MU
Mrs Trump	2.10	TH
Much	4.24	MU
My Boy	5.27	NM
My Maria	2.40	TH
My Mate Fitz	2.20	MU
Myna	3.30	BG
Nabati	6.37	NM
Napps Way	3.00	BG
Native Honey	3.20	MU
Netherstream	5.27	NM
Newyorkstateofmind	2.10	TH
Nidal	5.27	NM
Oh Sweet Adare	6.02	NM
One Night Thunder	3.20	MU
Outrace	3.30	BG
Overbudget	4.40	TH
Parry Green	7.28	HD
Passing Thought	3.20	MU
Pennine Way	5.00	BG
Potomac River	8.38	HD
Priscilla's Hope	3.10	TH
Prosperity Angel	2.40	TH
Purrista	2.40	TH
Qila	3.40	TH
Raffles Angel	8.38	HD
Rajeteriat	4.30	BG
Re Shardana	5.27	NM
Real Jack	4.40	TH
Recon Mission	2.30	BG
Red Tail	3.00	BG
Remember The Show	8.03	HD
Reporter	2.30	BG
Roc De Fer	4.24	MU
Rogue Citation	7.47	NM
Roll Up Raymond	6.37	NM
Rotelle	6.53	HD
Royal Accord	7.12	NM
Samra Star	1.50	MU
Scrappetalene	8.03	HD
Sea Angie Run	8.03	HD
Shaniko	2.40	TH
Shes Got The Blues	5.00	BG
Shimmering Sands	8.22	NM
Show Me Gold	7.47	NM
Silver Sovereign	8.03	HD
Simple Star	4.24	MU
Skylar	7.28	HD
Snow Day	5.00	BG
Sod Hall Lane	2.20	MU
Solar Phoenix	5.00	BG
Sommood	5.27	NM
Soul Warrior	4.40	TH
Spirit Of Mary	3.10	TH
Spring Bloom	7.12	NM
Stapleford Park	2.30	BG
Sudu	4.10	TH
Superstorm	5.00	BG
Sure And Stedfast	4.24	MU
Syndicale	8.03	HD
Takeaselfie	2.40	TH
Tarlac	2.10	TH
Tawakal	6.37	NM
Tenbob Tommy	4.00	BG
Thank The Lord	2.10	TH
The Caltonian	7.12	NM
The Quiet Gent	4.00	BG
The Resdev Rocket	6.37	NM
Thundering Breeze	3.30	BG
Tickets	2.10	TH
Time Glory	2.40	TH
Tiva	3.50	MU
Tokyo Joe	8.38	HD
Tommy's Promise	4.24	MU
Toy Soldier	1.50	MU
Tradittion	8.03	HD
Travellers Girl	2.40	TH
Tropical Sands	5.43	HD
U S S Charleston	4.00	BG
Undercover Affair	6.53	HD
Veruca Salt	2.40	TH
Vince L'Amour	3.40	TH
Vixey	3.20	MU
Wahdan	4.10	TH
Wanderlust	4.10	TH
Washington Heir	2.30	BG
Willow Wood	4.24	MU
Woohoo	3.50	MU
Yellow Diamonds	4.40	TH
Zarakova	6.02	NM
Zarvali	3.20	MU

MUSSELBURGH

RTV

NEWSBOY	BOUVERIE
1.50 FALCON NINE	1.50 FALCON NINE
2.20 MINSTER MAN	2.20 MINSTER MAN
2.50 BIGALO	2.50 BIGALO
3.20 JONNY CONCRETE	3.20 JONNY CONCRETE
3.50 WOOHOO	3.50 WOOHOO
4.24 MUCH	4.24 MUCH (NB)
4.54 MISEMERALD	4.54 MISEMERALD

GOING: Good.
COURSE: Right-handed oval track of 1m 2f, which joins the straight 5f course half a mile from home. The turns are very sharp.
DRAW: High numbers best at 5f when the stalls are on the stand side. Low numbers best when stalls are on the far side.
TOP TRAINERS: J Goldie 60-464 (12.9%), I Jardine 44-417 (10.6%), D & N Barron 17-97 (17.5%), D O'Meara 14-93 (15.1%), P Kirby 13-74 (17.6%), Miss L Perratt 12-163 (7.4%), A Nicol 11-68 (16.2%), B Ellison 10-87 (11.5%).
1ST TIME BLINKERS: 3.20 Gweedore.

TOP JOCKEYS: Paul Mulrennan 52-309 (16.8%), Daniel Tudhope 16-74 (21.6%), William Pyle 10-67 (14.9%), Zak Wheatley 9-47 (19.1%), L Young 7-45 (15.6%), James Sullivan 7-87 (8.0%), Joanna Mason 5-71 (7.0%), Tom Eaves 4-46 (8.7%), Aiden Brookes 4-44 (9.1%), Oisin McSweeney 3-27 (11.1%).
CHEEKPIECES: 1.50 Liberty Looming, 3.20 Jonny Concrete, 3.50 Jer Batt, 4.54 Filey Beach*, Maui Breeze, Misemerald.
TONGUE STRAPS: 1.50 Miners Gamble*, 3.50 Tiva, 4.24 Much, Simple Star. (*=1st time).
1ST TIME HOODS: 3.20 Misunderstood.

1.50 CHAMPAGNE POMMERY BRUT ROSE HANDICAP (6) 1m 1f Winner £3,664 (7)

SPOT FORM

1	(7)	922	**FALCON NINE** (11) (B) I Jardine 6 9-9 (CD) (SF)	K Shoemark	●71	ST
2	(1)	821	**SAMRA STAR** (11) (H) Miss L Perratt 5 9-9 (D) (F)	P Mulrennan	65	ST
3	(5)	268	**TOY SOLDIER** (18) (B) L Russell & M Scudamore 4 9-6 (C)	Lexie Clarkson (7)	69	S
4	(4)	P92	**GEMINI MAN** (7) I Jardine 8 9-4 (BF, C, D)	J Nicholls (3)	70	G
5	(6)	805	**MINERS GAMBLE** (13) B Ellison 5 9-3 (CD)	L Morris	66	G
6	(3)	418	**APPROACHING DAWN** (11) J Goldie 6 9-2 (C)	Lauren Young (5)	63	GF
7	(2)	0-6	**LIBERTY LOOMING** (7) A Nicol 5 8-10	JP Sullivan	57	SS

BETTING: 5-2 Falcon Nine, 3 Samra Star, 10-3 Gemini Man, 7 Miners Gamble, 8 Toy Soldier, Approaching Dawn, 33 Liberty Looming.
2025: FALCON NINE 5 9 9, Mohammed Tabti(5) 9-4 (I Jardine), drawn (4), 7 ran.

2.20 BRITISH STALLION STUDS EBF NOVICE STAKES (2) (2-Y-O) 5f Winner £12,885 (5 run)

1	(3)	11	**BARNABY RUDGE** (41) (H) J Fanshawe 9-12 (D) (F)	D Muscutt	82	ST
2	(5)	2	**MINSTER MAN** (15) R Cowell 9-4	P Mulrennan	●92	G
3	(4)	46	**MY MATE FITZ** (27) K Ryan 9-4	T Eaves	65	G
4	(1)		**SOD HALL LANE** D Carroll 9-4	Z Wheatley	-	-
5	(2)	42	**FAITH IN FLORENCE** (21) E Walker 8-13 (BF) (SF)	K Shoemark	86	GF

BETTING: 6-4 Faith In Florence, 2 Barnaby Rudge, 7-2 Minster Man, 10 Sod Hall Lane, 16 My Mate Fitz.
2025: MISSION CLASSIFIED 9 7, Hollie Doyle 11-2 (A Watson), drawn (1), 6 ran.

2.50 COPPER BLOSSOM LADIES DAY NURSERY SELLING HANDICAP (5) (2-Y-O) 7f Winner £7,851 (5 run)

1	(3)	100	**EXTENDED ORDER** (21) E J-Houghton 9-9	D Muscutt	75	G
2	(1)	722	**BIGALO** (7) Roger Fell 9-3 (BF) (SF)	Joanna Mason	●77	G
3	(4)	201	**BLUESTONE LADY** (7) (B) Phillip Makin 9-3(6ex) (CD) (F)	J Nicholls (3)	74	G
4	(2)	123	**AMANTHA** (7) B Ellison 8-12 (CD)	L Morris	76	G
5	(5)	363	**BELLA LUCIA** (15) G Tutty 8-11	W Pyle	73	ST

BETTING: 7-4 Bigalo, 11-4 Bluestone Lady, 4 Bella Lucia, 11-2 Amantha, 7 Extended Order.
2025: No corresponding race.

3.20 CHAMPAGNE POMMERY CUVEE LOUISE GOLD CUP HANDICAP (4) 7f Winner £7,851 (11 run)

1	(9)	441	**JONNY CONCRETE** (14) I Jardine 5 9-12 (CD)	J Nicholls (3)	86	G
2	(3)	400	**GWEEDORE** (32) (B) K Scott 9 9-11 (CD)	T Eaves	74	GF
3	(6)	677	**MISUNDERSTOOD** (14) (H) D O'Meara 4 9-11 (D)	D Tudhope	86	GS
4	(11)	-11	**EAGLE BAY** (41) H Bethell 3 9-10 (D) (SF)	S D Bowen	84	GF
5	(7)	-10	**PASSING THOUGHT** (49) E Walker 3 9-10 (D) (F)	K Shoemark	82	GF
6	(4)	820	**VIXEY** (10) S G West 6 9-10 (D)	A Brookes	83	G
7	(5)	674	**AUGUSTUS GLOOP** (21) J Fanshawe 3 9-7	D Muscutt	83	ST
8	(10)	387	**ONE NIGHT THUNDER** (13) (H) G Tutty 6 9-6 (D)	O McSweeney	85	G
9	(2)	015	**NATIVE HONEY** (11) J Goldie 4 9-3 (D) (EW)	P Mulrennan	●88	GF
10	(8)	637	**ZARVALI** (28) Roger Fell 3 9-3 (D)	Joanna Mason	86	G
11	(1)	420	**ASHEN** (14) J Goldie 4 8-12 (D)	Lauren Young (5)	87	G

BETTING: 5-4 Eagle Bay, 5 Jonny Concrete, 6 Passing Thought, 8 Vixey, 10 Augustus Gloop, 14 Native Honey, 16 Misunderstood, 20 Ashen.
2025: BELLARCHI 4 9 5, Oliver Stammers 7-2 (G Tuer), drawn (4), 7 ran.

3.50 CHAMPAGNE POMMERY BRUT ROYAL HANDICAP (4) 5f Winner £7,851 (6 run)

1	(4)	733	**JER BATT** (7) D & N Barron 6 10-0 (CD)	W Pyle	84	G
2	(6)	463	**TIVA** (6) (V) D O'Meara 4 9-11 (D)	D Tudhope	85	GF
3	(5)	532	**MONTEZUMA** (7) (H) J Goldie 4 9-10 (BF, CD) (F)	P Mulrennan	86	G
4	(1)	-47	**BIG FUN** (68) K Ryan 3 9-9 (CD)	T Eaves	77	G
5	(3)	222	**WOOHOO** (10) J Goldie 5 9-2 (CD) (SF)	Lauren Young (5)	●89	GF
6	(2)	865	**ECCLEFECHAN** (21) J Ryan 3 8-8	L Morris	79	ST

BETTING: 2 Woohoo, 11-4 Montezuma, 10-3 Jer Batt, 13-2 Tiva, 15-2 Big Fun, 20 Ecclefechan.
2025: ZIGGY'S TRITON 3 9 4, Ben Robinson 9-1 (D O'Meara), drawn (5), 7 ran.

4.24 BRODIE HANDICAP (5) 1m 5f Winner £5,234 (7 run)

1	(5)	311	**ROC DE FER** (7) Sir M Prescott 3 10-1 (SF)	L Morris	68	ST
2	(3)	254	**SIMPLE STAR** (7) Gary Rutherford 8 9-13 (C)	J Nicholls (3)	71	GF
3	(2)	253	**SURE AND STEDFAST** (27) Ewan Whillans 4 9-13	G Fairley	●74	G
4	(6)	259	**TOMMY'S PROMISE** (126) J Ryan 5 9-11	T Eaves	72	ST
5	(7)	713	**ALNAYEF** (22) J Goldie 5 9-10 (BF, D)	P Mulrennan	72	ST
6	(1)	415	**WILLOW WOOD** (20) E Walker 3 9-6	K Shoemark	70	GS
7	(4)	742	**MUCH** (7) J Fanshawe 3 9-4 (F)	D Muscutt	73	ST

BETTING: 4-7 Roc De Fer, 13-2 Sure And Stedfast, 15-2 Much, 12 Willow Wood, 14 Simple Star, 16 Tommy's Promise, Alnayef.
2025: No corresponding race.

4.54 MUIRHALL ENERGY BREATH OF FRESH ENERGY HANDICAP (6) 7f Winner £3,664 (6 run)

1	(1)	374	**FILEY BEACH** (13) R Carr 5 9-9 (CD)	JP Sullivan	66	GF
2	(3)	708	**KEEP ME STABLE** (18) Miss L Perratt 6 9-8 (CD)	O McSweeney	70	ST
3	(2)	059	**MAUI BREEZE** (34) W Storey 4 9-3	G Fairley	69	SF
4	(4)	461	**MONHAMMER** (7) Miss L Perratt 8 9-2 (CD) (F)	P Mulrennan	66	G
5	(6)	934	**CHLOE'S COURAGE** (10) J Ryan 4 9-1 (D)	L Morris	66	ST
6	(5)	342	**MISEMERALD** (7) P Kirby 5 8-10 (D) (SF)	A Brookes	●71	S

BETTING: 7-4 Monhammer, 2 Misemerald, 5 Chloe's Courage, 6 Filey Beach, 12 Maui Breeze, 20 Keep Me Stable.
2025: No corresponding race.

SINGLE-SHOT STAR

(Top in-form jockey with just one booked ride)
Jason Watson: MY BOY (5.27 Newmarket)

NEWSBOY'S DAILY DOUBLE

TARLAC and Olivia Haines are expected to prove a formidable force in the opening goracing.co.uk Future Stars Apprentice Classified Stakes (2.10) at Thirsk today.

The Katie Scott-trained son of Pinatubo came within a short head of landing a six-furlong handicap at Hamilton last time, and his sights are now lowered into classified company. Haines's 3lb allowance is another plus.

On the third and final day of the Brighton Festival, **U S S CHARLESTON** gets the vote for the Harry Bloom Memorial "Brighton Bullet" Handicap (4.00).

THIRSK

RTV

NEWSBOY	BOUVERIE
2.10 TARLAC (NAP)	2.10 TARLAC
2.40 MY MARIA	2.40 MY MARIA
3.10 GERRY'S DARLING	3.10 GERRY'S DARLING
3.40 J STREET	3.40 MILITARY GIRL
4.10 MASTER VINTNER	4.10 MASTER VINTNER
4.40 OVERBUDGET	4.40 GREAT PROFIT

2.10 GORACING.CO.UK FUTURE STARS APPRENTICE STKS (6) 6f £3,140 (9 run)

SPOT FORM

1	(1)	766	**DRISH SAMPHIRE** (7) L Mullaney 4 9-9 (EW)	C Horgan	51	G
2	(3)	337	**GOLDEN PROSPERITY** (9) T Coyle & K Wood 7 9-9 (CD)	J Dickson (3)	57	GF
3	(6)	604	**HURSTWOOD** (20) P Niven 9 9-9 (D0)	E Tindall	53	G
4	(8)	954	**MISTER SKY BLUE** (16) G Tutty 4 9-9 (D)	Conor Whiteley	59	G
5	(4)	785	**MRS TRUMP** (9) P Midgley 6 9-9 (BF, CD) (F)	Liam Wright	54	GF
6	(9)	848	**NEWYORKSTATEOFMIND** (32) (B) R Carr 9 9-9 (D)	Taryn Langley	50	G
7	(5)	742	**TARLAC** (22) K Scott 4 9-9 (D) (SF)	Olivia Haines (3)	●60	G
8	(2)	090	**THANK THE LORD** (105) (V) Mr W G Harrison 7 9-9 (D)	Shay Farmer	57	ST
9	(7)	552	**TICKETS** (42) P Neville 7 9-9 (BF, D)	Harry Vigors (3)	57	SS

BETTING: 10-3 Tarlac, 7-2 Tickets, 9-2 Mrs Trump, 6 Mister Sky Blue, 7 Golden Prosperity, Hurstwood, 16 Thank The Lord, Drish Samphire, 25 Newyorkstateofmind.
2025: GOLDEN PROSPERITY 6 9 9, Tom Kiely-Marshall 11-2 (T Coyle & K Wood), drawn (6), 10 ran.

2.40 BOB VICKERY MEMORIAL RESTRICTED MAIDEN FILLIES' STAKES (4) (2-Y-O) 5f Winner £5,400 (13 run)

1	(8)		**ESTELLA HAVISHAM** K R Burke 9-2	S James	-	-
2	(6)	3	**MOLLISHA** (13) B Ellison 9-2	B Robinson	76	SS
3	(10)	322	**MY MARIA** (9) A Watson 9-2 (SF)	C Beasley	81	G
4	(12)	024	**SHANIKO** (48) (H) Craig Lidster 9-2	Kaiya Fraser	73	G
5	(3)	436	**TIME GLORY** (30) K Ryan 9-2	K Stott	●83	G
6	(2)	52	**INGLEWOOD** (30) J Camacho 8-13 (F)	R Sexton	80	GF
7	(4)	3	**PROSPERITY ANGEL** (23) B Haslam 8-13	A Mullen	66	GF
8	(5)		**TAKEASELFIE** R & P Fahey 8-13	W Fentiman (3)	-	-
9	(9)	335	**TRAVELLERS GIRL** (14) Roger Fell 8-13	Oisin Orr	75	GF
10	(7)	5	**VERUCA SALT** (21) J Fanshawe 8-13	J Peate	58	ST
11	(13)		**BASMAAH** B Haslam 8-10	Harry Vigors (5)	-	-
12	(1)	45	**DOROTHEA HOPE** (10) T Easterby 8-10 (BF) (EW)	D Fentiman	77	GF
13	(11)	3	**PURRISTA** (10) G Tutty 8-10	Ashley Lewis (3)	68	G

BETTING: 7-2 Estella Havisham, 4 My Maria, 11-2 Mollisha, 8 Inglewood, Time Glory, 10 Takeaselfie, 12 Dorothea Hope, Travellers Girl.
2025: No corresponding race.

3.10 PETER BELL MEMORIAL FILLIES' NURSERY (5) (2-Y-O) 7f Winner £3,926 (7 run)

1	(1)	581	**BYMIDDAYTOMORROW** (11) E Walker 10-1(6ex) (D) (F)	Ashley Lewis (3)	71	GF
2	(5)	721	**GERRY'S DARLING** (7) Roger Fell 9-8(6ex) (D) (SF)	K Stott	●77	G
3	(7)	32	**LOVE TANYA** (14) E Bethell 9-6	Oisin Orr	72	GF
4	(6)	533	**CONSULTATION** (42) J Fanshawe 9-5	DOUBTFUL		
5	(4)	570	**BONJOUR BELLE** (19) B Ellison 8-6	T Kiely-Marshall (5)	74	G
6	(3)	585	**PRISCILLA'S HOPE** (31) P McBride 8-6	A Mullen	75	G
7	(2)	433	**SPIRIT OF MARY** (14) B Haslam 8-2	E Tindall (5)	69	GF

BETTING: 7-4 Gerry's Darling, 2 Bymiddaytomorrow, 9-2 Love Tanya, 10 Bonjour Belle, Spirit Of Mary, 14 Priscilla's Hope.
2025: No corresponding race.

GOING: Good-Good to Firm in places.
COURSE: Left-handed oval track of 1m 2f, undulating with tight turns, straight 6f course.
DRAW: High numbers have a slight advantage on the straight course.
TOP TRAINERS: M Dods 32-308 (10.4%), T Easterby 29-545 (5.3%), K R Burke 25-125 (20.0%), R & P Fahey 24-184 (13.0%), K Ryan 18-165 (10.9%), J Camacho 12-98 (12.2%), P Midgley 10-153 (6.5%), R Carr 10-139 (7.2%), M & D Easterby 10-117 (8.5%), E Bethell 9-70 (12.9%), E Walker 8-27 (29.6%), N Tinkler 7-119 (5.9%), A Watson 6-22 (27.3%), R Varian 5-28 (17.9%).

TOP JOCKEYS: Connor Beasley 29-283 (10.2%), Oisin Orr 19-141 (13.5%), David Allan 17-256 (6.6%), David Nolan 16-94 (17.0%), Kevin Stott 13-83 (15.7%), Sam James 11-149 (7.4%), Billy Garritty 10-78 (12.8%), Duran Fentiman 7-136 (5.1%).
1ST TIME BLINKERS: 4.10 Master Vintner.
CHEEKPIECES: 2.10 Golden Prosperity, 2.40 My Maria*, 4.10 Wahdan, 4.40 Maximum Velocity.
TONGUE STRAPS: 2.10 Tickets, 2.40 Veruca Salt, 3.40 Qila*, Vince L'Amour. (*=1st time).
1ST RUN SINCE WIND OP: 3.40 Qila.
1ST TIME HOODS: 4.10 Sudu.
PROFITABLE FOR FAVS: 4.40.

3.40 LADIES' DAY SATURDAY 5TH SEPTEMBER - BOOK NOW HANDICAP (5) 5f Winner £3,926 (6 run)

1	(1)	414	**J STREET** (13) M & D Easterby 4 9-9 (D)	B Garritty	80	GF
2	(3)	112	**MILITARY GIRL** (52) M Dods 4 9-8 (BF, CD) (SF)	C Beasley	●82	G
3	(5)	211	**AZUINTHEJUNGLE** (10) N Tinkler 4 9-8 (D) (F)	A Jary (3)	80	G
4	(6)	790	**VINCE L'AMOUR** (13) (B) T Easterby 5 9-7 (D)	D Allan	72	GS
5	(2)	-20	**QILA** (59) B Ellison 3 9-4	B Robinson	77	ST
6	(4)	506	**GLORY FIGHTER** (57) P Midgley 10 9-4 (CD)	D Nolan	81	GF

BETTING: 2 Military Girl, 9-4 J Street, 5-2 Azuinthejungle, 10 Glory Fighter, 12 Qila, 25 Vince L'Amour.
2025: EQUITY LAW 4 9 11, Sean Kirrane 10-3 Fav (T Easterby), drawn (10), 10 ran.

4.10 WILLIAM HILL, MARKET PLACE, THIRSK HANDICAP (3) 1m 4f Winner £9,720 (6 run)

1	(2)	722	**MASTER VINTNER** (36) (B) R Beckett 4 9-9 (BF, D) (SF)	E Greatrex	●101	SS
2	(5)	420	**MAJESTIC** (28) J Channon 8 9-6	C Beasley	97	GF
3	(4)	663	**WAHDAN** (13) T Easterby 5 9-5	D Allan	99	GF
4	(1)	18-	**SUDU** (373) (H) R Varian 4 9-3 (D) (F)	R Dawson	-	-
5	(3)	443	**WANDERLUST** (43) I Jardine 4 9-1	A Mullen	100	GF
6	(6)	429	**GOLDEN WEST** (28) T Easterby 5 8-10	D Fentiman	99	G

BETTING: 11-8 Master Vintner, 4 Sudu, 9-2 Wanderlust, 6 Wahdan, 8 Majestic, 14 Golden West.
2025: PADDY THE SQUIRE 5 9 1, Andrew Mullen 5-6 Fav (I Jardine), drawn (6), 6 ran.

4.40 COUNTRY MUSIC NIGHT HERE NEXT FRIDAY 14TH AUGUST HANDICAP (6) (3-Y-O) 6f Winner £3,140 (11 run)

1	(7)	932	**MAXIMUM VELOCITY** (16) N Tinkler 9-9 (F)	F McManoman	71	G
2	(10)	445	**YELLOW DIAMONDS** (22) J Camacho 9-8	R Sexton	69	GS
3	(5)	222	**GREAT PROFIT** (11) Mr W G Harrison 9-7 (SF)	B McHugh	74	GF
4	(2)	376	**OVERBUDGET** (42) M Appleby 9-7 (EW)	A Mullen	71	G
5	(8)	567	**REAL JACK** (48) M Dods 9-6	C Beasley	70	ST
6	(11)	035	**SOUL WARRIOR** (18) N Tinkler 9-2 (D)	A Jary (3)	71	GF
7	(9)	-67	**MARE OF LONDON** (14) M Walford 9-1	S James	68	ST
8	(4)	306	**HELLCAT** (31) R Burdon 8-12	A Egan (7)	68	G
9	(6)	244	**LOPE Y LINDA** (16) T Easterby 8-12	D Allan	●75	GF
10	(1)	435	**LIQUID COOLED** (21) B Haslam 8-10 (D)	Harry Vigors (5)	73	ST
11	(3)	757	**AGRIC RANGER** (15) T Easterby 8-10	D Fentiman	68	G

BETTING: 10-3 Great Profit, 4 Maximum Velocity, Yellow Diamonds, 6 Overbudget, 10 Lope Y Linda, 12 Liquid Cooled, 14 Agric Ranger, Real Jack, Mare Of London.
2025: SOLE SPIRIT 9 4, Harrison Shaw 3-1 Fav (B Smart), drawn (6), 8 ran.

BEST LONGSHOT

(Today's best each-way bet):
AKABUSI (7.12 Newmarket)

BRIGHTON

SKY

GOING: Good to Firm-Good in places.
COURSE: Left-handed horseshoe-shaped course of 1m 4f, undulating and sharp.
DRAW: Low numbers best in sprints.
TOP TRAINERS: A Carroll 70-569 (12.3%), G & J Moore 36-189 (19.0%), J Gallagher 19-145 (13.1%), S C Williams 17-75 (22.7%), M Attwater 15-164 (9.1%), R Hannon 12-82 (14.6%), Harry Eustace 10-38 (26.3%).
TRAINER TARGETS (won today's race at least twice in last 10 years): A Carroll won the 2.30 in '16, '18 and '25. A Carroll won the 3.30 in '22, '23 and '25.

TOP JOCKEYS: Darragh Keenan 27-186 (14.5%), William Carson 20-185 (10.8%), Jack Doughty 20-137 (14.6%), David Probert 17-84 (20.2%), Joe Leavy 12-67 (17.9%), Charles Bishop 11-88 (12.5%), Christian Howarth 6-63 (9.5%).
1ST TIME BLINKERS: 5.00 Solar Phoenix.
CHEEKPIECES: 3.30 Celebrating Ethel, Outrace, Thundering Breeze.
TONGUE STRAPS: 2.30 Dreambird Dolly, 4.00 Ancient Times, Bona Fortuna, 4.30 Big Time Rascal*, Dragon God, Mart, 5.00 King Cherry. (*=1st time).
PROFITABLE FOR FAVS: 4.00.

2.30 TEENAGE CANCER TRUST HANDICAP (6) 5f Winner £4,187 (7 run)

SPOT FORM

1	(7)	665	**RECON MISSION** (46) A Carroll 10 9-9 (D)	G Downing	●67	G
2	(1)	362	**DIOMED SPIRIT** (39) C Gordon 6 9-9 (D)	C Bishop	63	ST
3	(6)	022	**DREAMBIRD DOLLY** (17) (B) J Gallagher 4 9-8 (D) (SF)	D J Murphy (7)	65	G
4	(2)	727	**STAPLEFORD PARK** (109) M Attwater 4 9-8	J Glennon (7)	64	GS
5	(5)	013	**WASHINGTON HEIR** (38) A Carroll 4 9-4 (CD) (F)	W Carson	60	G
6	(3)	607	**REPORTER** (17) (H) S Hodgson 4 9-4 (D)	W Carver	65	ST
7	(4)	858	**HAKIN ADRAAR** (8) (B) Martin Dunne 3 9-1	D Keenan	66	SL

BETTING: 2 Dreambird Dolly, 9-4 Diomed Spirit, 3 Washington Heir, 8 Recon Mission, 14 Stapleford Park, 20 Reporter, 25 Hakin Adraar.
2025: ALSHIMALI 4 9 4, Josephine Gordon 11-2 (A Carroll), drawn (6), 9 ran.

3.00 JENNINGSBET IN PORTSMOUTH EBF RESTRICTED MAIDEN STAKES (5) (2-Y-O) 6f Winner £4,187 (5 run)

1	(5)	46	**LITTLE MESTER** (15) S C Williams 9-7 (F)	Jack Doughty	70	G
2	(2)		**RED TAIL** R Hannon 9-7	S C Cronin (5)	-	-
3	(4)	0	**CRUSE ON BYE** (39) M Attwater 9-4	J Glennon (7)	-	-
4	(3)	35	**ENAMORED** (15) E Dunlop 9-2 (BF) (SF)	D Probert	●80	G
5	(1)	7	**NAPPS WAY** (14) J S Moore 8-13	D J Murphy (7)	52	GF

BETTING: 6-4 Enamored, 2 Red Tail, Little Mester, 50 Napps Way, 66 Cruse On Bye.
2025: MAGIC STONE 9 7, Tom Marquand 11-10 Fav (W Haggas), drawn (4), 5 ran.

3.30 JENNINGSBET UK'S LARGEST INDEPENDENT BOOKMAKER CLASSIFIED STAKES (6) 1m 2f £4,187 (6)

1	(1)	904	**CELEBRATING ETHEL** (2) A Carroll 7 9-9 (CD)	Myla Coppins (5)	53	GF
2	(4)	265	**DOGGED** (13) (B) A Carroll 9 9-9 (D)	DOUBTFUL		GF
3	(2)	785	**FITZMAURICE** (14) A Carroll 4 9-9	Jack Doughty	46	ST
4	(6)	423	**MYNA** (17) (H) A Carroll 5 9-9 (D) (SF)	G Downing	54	G
5	(3)	-04	**OUTRACE** (13) R Hannon 6 9-9 (F)	S C Cronin (5)	53	ST
6	(5)	274	**THUNDERING BREEZE** (176) G & J Moore 5 9-9	D Probert	●55	G

BETTING: 2 Myna, 9-4 Thundering Breeze, 9-2 Fitzmaurice, 13-2 Outrace, 10 Celebrating Ethel.
2025: CELEBRATING ETHEL 6 9 9, Jack Doughty 5-1 (A Carroll), drawn (6), 7 ran.

STAT OF THE DAY

Ewan Whillans and **Greg Fairley** have a 67 per cent strike rate when teaming up at **Musselburgh** for a level-stake profit of £31.83pts. So look out for **SURE AND STEDFAST** (4.24).

PRO-BET SPRING BLOOM (7.12 Newmarket) 2pts win.

TODAY'S BAGS DOGS

HOVE: 11.01 Believe You Can (2-6-1), 11.18 Punk Rock Harley (1-3-2), 11.34 Selker Bay Daisy (4-3-1), 11.52 Southdowns Rose (6-4-3), 12.09 Sly Ash (5-2-1), 12.26 Paddyjoes Loch (3-2-4), 12.42 Noelles Glenlo (Nap) (6-4-1), 12.59 Wedontdopanic (3-4-2), 1.17 Candolim Spice (5-3-1), 1.33 Senahel Pikachu (6-2-3), 1.51 Seomra Pipp (3-1-4), 2.07 Proud Rori (3-2-6).
CENTRAL PARK: 11.09 Mucho Macho Lily (5-6-4), 11.27 Swift Youth (1-2-6), 11.43 Fear Of Wings (6-5-4), 12.01 Bowes Hill Holly (Nap) (4-6-1), 12.18 Hollyhill Melody (6-1-3), 12.34 Bombay Boss (4-6-1), 12.51 Hollyoak Talia (5-1-2), 1.08 Speedy Delilah (2-6-5), 1.26 Swift What (5-2-4), 1.42 Pearces Magic (6-5-4), 1.59 Headford Sirl (6-4-5), 2.14 Swift Vacation (2-3-1).
TOWCESTER: 2.23 Blitz Hurricane (2-4-3), 2.41 Rowington Rascal (2-3-6), 3.01 Salacres Showoff (3-5-2), 3.19 Savana Kommeno (2-5-3), 3.38 Trapstyle Toucan (1-2-5), 3.57 Salacres Logan (2-1-5), 4.16 Droopys Stat (3-2-5), 4.34 Railwayclub Bob (2-1-3), 4.53 Ballycleary Bell (3-1-2), 5.12 Freyas Tiger (Nap) (1-2-6), 5.31 Greencroft Ice (4-3-2), 5.49 Matts

NEWSBOY	BOUVERIE
2.30 DREAMBIRD DOLLY	2.30 DREAMBIRD DOLLY
3.00 ENAMORED	3.00 RED TAIL
3.30 MYNA	3.30 MYNA
4.00 U S S CHARLESTON (NB)	4.00 U S S CHARLESTON
4.30 BATED BREEZE	4.30 BATED BREEZE
5.00 PENNINE WAY	5.00 PENNINE WAY

4.00 HARRY BLOOM MEMORIAL 'BRIGHTON BULLET' HANDICAP (4) 6f Winner £10,468 (10 run)

1	(5)	85-	**THE QUIET GENT** (295) Brian Toomey 4 10-0 (D)	D Probert	84	SS
2	(8)	224	**MARCELLINUS** (41) T Dascombe 3 9-13 (BF, D)	D J Murphy (7)	80	GF
3	(4)	-11	**TENBOB TOMMY** (116) Miss S West 5 9-12 (D)	C Bishop	81	G
4	(7)	312	**LEQUINTO** (18) A Carroll 9 9-12 (D)	W Carson	82	GF
5	(1)	26-	**BONA FORTUNA** (309) M Appleby 5 9-11 (CD)	D Keenan	83	GF
6	(6)	721	**GREY HORIZON** (23) (V) S Dixon 3 9-9 (CD)	C Howarth (3)	80	G
7	(9)	935	**CAYMAN TAI** (13) R Hannon 4 9-8	S C Cronin (5)	82	G
8	(3)	052	**U S S CHARLESTON** (8) Lemos Souza 3 9-6 (SF)	C Planas	●85	GF
9	(10)	012	**ANCIENT TIMES** (20) Harry Eustace 8 9-3 (D) (F)	P-L Jamin	82	GF
10	(2)	471	**DUSKAURA** (13) A Carroll 3 9-1 (D) (EW)	Myla Coppins (5)	79	GF

BETTING: 5 Grey Horizon, 11-2 U S S Charleston, Lequinto, 7 Tenbob Tommy, Marcellinus, Ancient Times, 10 The Quiet Gent, Cayman Tai, Bona Fortuna, Duskaura.
2025: ANOTHER ABBOT 3 9 6, Tom Marquand 3-1 Fav (W Haggas), drawn (2), 13 ran.

4.30 BET IN OVER 200 SHOPS NATIONWIDE WITH JENNINGSBET HANDICAP (6) 6f Winner £4,187 (7 run)

1	(4)	231	**DRAGON GOD** (5) A Carroll 4 9-12 (SF)	C Bishop	61	GF
2	(1)	643	**MART** (5) D Donovan 5 9-9 (CD)	D Keenan	62	ST
3	(5)	-30	**RAJETERIAT** (46) C Gordon 4 9-6	Josephine Gordon	●66	GF
4	(6)	415	**BIG TIME RASCAL** (31) S Hodgson 5 9-6 (CD)	B Sayette	63	GF
5	(7)	091	**MANHATTAN CHUTE** (24) J & S Best 4 9-6 (D) (F)	F Marsh	61	Y
6	(2)	061	**BATED BREEZE** (31) G & J Moore 5 9-3 (CD)	D Probert	65	ST
7	(3)	026	**KODI K** (38) J Gallagher 3 8-11	J Leavy	61	GF

BETTING: 3 Dragon God, 7-2 Manhattan Chute, Bated Breeze, 5 Big Time Rascal, 11-2 Mart, 10 Kodi K, 25 Rajeteriat.
2025: STARSONG 6 9 5, Frederick Larson 10-3 Fav (M Appleby), drawn (3), 10 ran.

5.00 BET RESPONSIBLY WITH JENNINGSBET HANDICAP (6) (3-Y-O) 7f Winner £4,187 (7 run)

1	(3)	867	**KING CHERRY** (2) S C Williams 9-9	Jack Doughty	66	ST
2	(6)	6-0	**SOLAR PHOENIX** (55) (B) R Teal 9-8	D Costello	63	G
3	(2)	773	**PENNINE WAY** (17) J Channon 9-5 (SF)	G Bass	65	ST
4	(5)	113	**SHES GOT THE BLUES** (41) A Carroll 9-4 (CD) (F)	Myla Coppins (5)	65	GF
5	(7)	664	**SUPERSTORM** (23) (V) C Fellowes 8-13	Mikkel Mortensen (5)	67	ST
6	(4)	735	**ARVANA BELLE** (13) (B) B Millman 8-9 (C)	D Probert	●68	G
7	(1)	086	**SNOW DAY** (38) A Carroll 8-9	Molly Gunn (5)	61	G

BETTING: 2 Pennine Way, 5-2 Shes Got The Blues, 5 Superstorm, 6 Arvana Belle, 10 Solar Phoenix, 12 King Cherry, 20 Snow Day.
2025: BERNING HOT 9 6, Paddy Bradley 17-2 (M Attwater), drawn (5), 6 ran.

IN FORM

TRAINERS: T Kent 3-4 (75%), Miss L Perratt 5-10 (50%), D & C Kubler 4-9 (44%), C Appleby 6-16 (38%), R Varian 10-28 (36%), J Chapple-Hyam 4-14 (29%), Sir M Prescott 7-25 (28%), E Walker 10-37 (27%), Harry Eustace 3-11 (27%), B Millman 4-16 (25%), Brian Toomey 1-4 (25%), H Bethell 1-4 (25%), M Rimell 1-4 (25%), Oliver Cole 3-13 (23%), Ewan Whillans 2-9 (22%), E Bethell 6-29 (21%).
JOCKEYS: G Fairley 2-5 (40%), Neil Callan 4-12 (33%), Olivia Haines 2-6 (33%), Grace McEntee 2-7 (29%), Shay Farmer 3-11 (27%), Rob Hornby 8-31 (26%), C Whiteley 4-16 (25%), Cieren Fallon 10-40 (25%), Molly Gunn 1-4 (25%), Billy Loughnane 15-65 (23%), Jack Mitchell 6-27 (22%).

SPOTFORM GOINGS

Heavy - H; **Soft** - S; **Good to soft** - GS; **Good** - G; **Good to firm** - GF; **Firm** - FM; **Hard** - HD; **Yielding** - Y; **Yielding to soft** - Y S.
A-W: **Standard** - ST; **Slow** - SL; **Standard to fast** - SF, **Standard to slow**- SS

RESULTS & PRICES

ASFOORA has been given the green light to defend her title in the Coolmore City Of Troy Nunthorpe Stakes at York.

Henry Dwyer's Australian sprinter has failed to run up to her best on her first four starts of this season and retirement was mooted.

However, having finished fourth at Goodwood last week, broodmare duties have been delayed until after the Ebor Festival in a fortnight's time.

Asfoora is currently based at the Newmarket stable of Lemos de Souza and Amy Murphy.

"She's going to run in the Nunthorpe. She is in super form," Murphy said.

NEWMARKET

2.20: STORMY MUSIC (A Redman 13-2) 1; **Born A Rebel** (7-2) 2; **Decalogue** (10-1) 3. 7 ran. 100-30jt-f Just Typical, 100-30jt-f Panelli. 1½, shd. (A Balding). Tote: £7.50; £2.70, £2.40. Tote Exacta: £26.50. Trifecta: £278.20. CSF: £29.85.

2.55: WOODHAY WAYFARER (S Osborne 4-1) 1; **High Calibre** (100-30) 2; **Emerald Bay** (9-2) 3. 5 ran. 11-8f Lord Ragnar. 1¼, 3l. (T Ward). Tote: £5.00; £1.80, £2.00. Tote Exacta: £18.20. Trifecta: £54.30. CSF: £17.41.

3.30: CROWN AND TWO (B Loughnane 7-2) 1; **Zephyra** (20-1) 2; **Hello You Ten** (5-1) 3. 7 ran. 4-7f Fast Performer. 3½, 4¼. (Tom Clover). Tote: £4.50; £1.90, £7.10. Tote Exacta: £66.60. Trifecta: £256.70. CSF: £65.14.

4.00: CERRO BLANCO (B Loughnane 1-25f) 1; **Nothing But Love** (18-1) 2; **Tacticalist** (16-1) 3. 4 ran. 7l, 7½. (C Appleby). Tote: £1.04; Tote Exacta: £2.20. Trifecta: £2.90. CSF: £2.18.

4.33: HIGH FIBRE (C Fallon 6-5f) 1; **Percy Shelley** (8-1) 2; **Koala Rose** (9-4) 3. 5 ran. 1¼, 7½. (James Owen). Tote: £2.20; £1.40, £2.80. Tote Exacta: £8.80. Trifecta: £21.60. CSF: £10.99.

5.08: EDUCATOR (B Loughnane 11-10f) 1; **Seeking Charles** (11-2) 2; **King's Castle** (11-2) 3. 6 ran. ns, 1½. (Miss H Knight). Tote: £2.10; £2.20, £1.20. Tote Exacta: £7.60. Trifecta: £20.70. CSF: £7.66.

6.06: HAUTELUCE (Ashley Lewis 100-30) 1; **Blue Celestial** (8-1) 2; **Kiss Me My Love** (11-2) 3. 11 ran. 3-1f Filly Eilish. ¾, 2½. (E Walker). Tote: £4.34; £1.80, £2.80, £1.70. Tote Exacta: £31.80. Tricast: £148.38. Trifecta: £230.30. CSF: £30.10.

6.41: KODIAC CITY (K Stott 15-2) 1; **Baarberini** (5-6f) 2; **Astral Crown** (25-1) 3. 8 ran. 2l, 2½. (R Hughes). Tote: £8.50; £2.30, £1.10, £4.80. Tote Exacta: £10.90. Trifecta: £287.10. CSF: £14.54.

7.16: MIRACULOUS (D Allan 5-1) 1; **Ziggy's Condor** (9-4f) 2; **Hectic** (14-1) 3. 10 ran. ¾, ¾. (T Easterby). Tote: £6.90; £2.10, £1.50, £3.50. Tote Exacta: £17.70. Tricast: £153.49. Trifecta: £126.50. CSF: £16.59.

7.51: DORNEY LAKE (D Tudhope 9-2f) 1; **Fierce** (15-2) 2; **Beattie Is Back** (5-1) 3. 9 ran. ¾, 2l. (L Bailey). Tote: £5.50; £1.20, £3.20, £2.00. Tote Exacta: £41.10. Tricast: £177.77. Trifecta: £269.70. CSF: £39.09.

8.26: SPINNING WHEEL (Oisin Orr 7-2) 1; **Say What You See** (12-1) 2; **El Burhan** (9-1) 3. 12 ran. 3-1f Port Of London. nk, hd. (S & E Crisford). Tote: £4.50; £1.60, £3.60, £2.50. Tote Exacta: £49.40. Tricast: £367.35. Trifecta: £497.50. CSF: £48.42. NR: King's Code.

9.00: JUNKYARD DOG (A Mullen 9-1) 1; **Dingwall** (4-1) 2; **Golspie** (4-1) 3. 11 ran. 11-4f Into Combat. nk, ½. (I Jardine). Tote: £10.00; £3.10, £2.00, £1.80. Tote Exacta: £69.20. Tricast: £176.05. Trifecta: £553.40. CSF: £48.87. NRs: Blackwaterfoot, Meet Me In Meraki.

Placepot: £73.70.
Quadpot: £12.40.

BRIGHTON

2.38: VALADERO (Liam Wright 17-2) 1; **Spirited Dancer** (9-2) 2; **River Wharfe** (8-11f) 3. 8 ran. ¾, hd. (Brian Toomey). Tote: £9.50; £2.10, £1.50, £1.10. Tote Exacta: £26.30. Trifecta: £83.10. CSF: £47.59.

3.13: THE MONKEY KING (R Clutterbuck evensf) 1; **Foscarini** (3-1) 2; **Regalism** (5-2) 3. 5 ran. 1¾, 1¾. (R Beckett). Tote: £2.00; £1.20, £1.80. Tote Exacta: £4.00. Trifecta: £6.00. CSF: £4.38.

3.50: GONE ROGUE (T P Queally 6-5f) 1; **Dandy G Boy** (18-1) 2; **Boubyan** (4-1) 3. 6 ran. ½, 5½. (G & J Moore). Tote: £2.20; £1.30, £6.60. Tote Exacta: £24.20. Trifecta: £83.50. CSF: £24.76.

4.25: TAI HANG PEGASUS (P Bradley 9-2) 1; **Nibras Gold** (11-4) 2; **Sarangpur** (10-11f) 3. 5 ran. 2¾, 1l. (C Fellowes). Tote: £7.20; £2.40, £1.60. Tote Exacta: £19.20. Trifecta: £39.00. CSF: £17.24. NR: Brave Hunter.

4.55: DREAM OF ITHACA (Liam Wright 15-8) 1; **Foinix** (11-10f) 2; **Dogged** (15-2) 3. 5 ran. 3½, 5l. (J Gallagher). Tote: £2.88; £1.60, £1.10. Tote Exacta: £4.50. Trifecta: £12.30. CSF: £4.22. NR: Gearing's Point.

5.30: SERENITY DREAM (Jack Doughty 4-1) 1; **Dion Baker** (13-2) 2; **North View** (9-4f) 3. 6 ran. 1½, 1¼. (A Carroll). Tote: £5.00; £1.80, £3.10. Tote Exacta: £28.00. Trifecta: £72.70. CSF: £29.41. NR: Just Jump.

Placepot: £52.60.
Quadpot: £22.90.

SANDOWN

5.00: EPICTETUS (Miss M Jordan 3-1) 1; **What's The Plan** (5-4f) 2; **Impierious** (12-1) 3. 7 ran. ½, 3½. (J Osborne). Tote: £4.00; £1.80, £1.30. Tote Exacta: £8.60. Trifecta: £52.30. CSF: £7.38.

5.38: ELEVATING (S M Levey 9-2) 1; **Crazee In Havana** (4-1) 2; **Catching Dreams** (4-6f) 3. 9 ran. 2¼, 2¾. (R Hannon). Tote: £6.90; £1.40, £1.50, £1.10. Tote Exacta: £33.50. Trifecta: £52.40. CSF: £24.68.

6.13: FIRST LAW (C Planas 8-11f) 1; **Flight Tracker** (5-4) 2; **Crown Ranger** (20-1) 3. 4 ran. hd, 2l. (C Appleby). Tote: £1.73; Tote Exacta: £1.80. Trifecta: £3.60. CSF: £1.99. Result Stands.

6.48: EDWIN HUBBLE (O Murphy 5-6f) 1; **Interstate** (3-1) 2; **Elan D'or** (5-2) 3. 3 ran. nk, 16l. (B Meehan). Tote: £1.84; Tote Exacta: £3.60. Trifecta: £4.20. CSF: £3.51.

7.23: DESERT SHADOW (O Murphy 7-2) 1; **Thursday Girl** (7-4jt-f) 2; **Ascending Star** (7-4jt-f) 3. 6 ran. 3¼, nk. (S bin Suroor). Tote: £4.50; £2.00, £1.50. Tote Exacta: £10.60. Trifecta: £17.60. CSF: £10.18.

7.58: BUBBLES WONKY (K Shoemark 9-1) 1; **Amused** (11-2) 2; **Great Blasket** (2-5f) 3. 6 ran. 1l, shd. (M Pattinson). Tote: £12.30; £3.60, £2.10. Tote Exacta: £46.50. Trifecta: £106.60. CSF: £57.00.

Jackpot: £5,000.00.
Placepot: £87.70.
Quadpot: £45.40.

SOUTHWELL

5.04: HEAR THE DRUMS (Oisin Orr 11-4jt-f) 1; **Miss Mambo** (9-2) 2; **Soda** (14-1) 3. 10 ran. 11-4jt-f Distillation. ¾, 1½. (R & P Fahey). Tote: £3.75; £1.50, £2.00, £4.30. Tote Exacta: £19.30. Tricast: £149.58. Trifecta: £195.70. CSF: £15.54.

5.34: STARAKOVA (Harry Vigors 100-30) 1; **Here Comes Louie** (6-1) 2; **Thomas Tallis** (11-1) 3. 8 ran. 2-1f Elashgar. 1½, 1½. (W Greatrex). Tote: £4.90; £2.10, £1.50, £3.50. Tote Exacta: £28.50. Tricast: £200.13. Trifecta: £305.40. CSF: £24.35. NR: Alice's Influence.

CHEPSTOW

5.20: ARAVALLI (Taylor Fisher 11-2) 1; **Curran** (5-1) 2; **Cosmo Brown** (7-1) 3. 7 ran. 5-2jt-f Oasis Sunrise, 5-2jt-f Double Red. 4½, nk. (J Tickle). Tote: £6.50; £2.90, £2.60. Tote Exacta: £25.10. Trifecta: £216.70. CSF: £32.91.

5.55: DOWNONMAINSTREET (David Egan evensf) 1; **Rogue Dakota** (13-2) 2; **Marzad** (25-1) 3. 4 ran. 3l, 8l. (M Bell). Tote: £2.00; Tote Exacta: £5.30. Trifecta: £23.30. CSF: £7.79.

6.30: SOLAR EDGE (G Mangan 15-8f) 1; **Rogue Bullet** (3-1) 2; **Over Spiced** (7-1) 3. 7 ran. 4¼, hd. (C Mason). Tote: £3.10; £1.30, £2.10. Tote Exacta: £9.80. Trifecta: £52.20. CSF: £7.97.

7.05: REVELANCE (E Greatrex 9-4f) 1; **Nakaaha** (10-1) 2; **Spirit Of The Bay** (17-2) 3. 7 ran. 1l, ½. (R Beckett). Tote: £3.25; £1.70, £4.30. Tote Exacta: £25.10. Trifecta: £144.80. CSF: £25.93.

7.40: ESPONA BAY (C Howarth 5-1) 1; **Sydney Rock** (14-1) 2; **Clementines Star** (evensf) 3. 7 ran. ½, 3¼. (S Dixon). Tote: £6.00; £2.40, £3.40. Tote Exacta: £36.70. Trifecta: £198.80. CSF: £67.71.

8.15: RED SNAPPER (Charlie Tucker 5-2) 1; **Pull The Rug** (11-1) 2; **Hallandale Beach** (6-5f) 3. 4 ran. nk, 2½. (Kathy Turner). Tote: £3.50; Tote Exacta: £18.70. Trifecta: £32.90. CSF: £21.41.

Placepot: £681.20.
Quadpot: £91.50.

GREYHOUND RESULTS

SHEFFIELD. - 11.03 Slippy Daniel 6-5f (6-2-3, £10.88, TC: £0.00). **11.19 Letter Magic 9-2** (4-6-1, £34.22, TC: £0.00). **11.36 Cloondarone Ken 7-4** (2-1-6, £24.63, TC: £0.00). **11.52 Avongate Gloss 7-1** (4-2-6, £29.08, TC: £0.00). **12.09 Thats Mikeys 8-11f** (2-4-1, £8.98, TC: £0.00). **12.26 Sigh of Relief 6-4** (1-3-2, £19.62, TC: £0.00). **12.42 Hillend Korda 5-2** (2-5-6, £10.48, TC: £0.00). **12.59 Fugazi 4-1** (2-4-3, £16.73, TC: £0.00). **1.16 Aurora Dawn 15-8f** (1-5-3, £15.28, TC: £0.00). **1.31 When Its Over 9-2** (5-1-2, £37.83, TC: £0.00). **1.46 Braemar Millie 7-4f** (1-4-3, £13.97, TC: £0.00). **2.04 Glavin Thief 3-1** (3-5-4, £9.57, TC: £0.00).

NOTTINGHAM. - 11.25 Petite Pippa 11-4 (2-5-1, £9.80, TC: £0.00). **11.41 Invincia Jewel 10-3** (2-5-1, £13.15, TC: £0.00). **11.58 Bellmore Queen 5-4f** (1-6-3, £14.01, TC: £31.97). **12.14 Monbeg Bella 11-4** (2-3-5, £15.37, TC: £0.00). **12.31 Legsintheair 3-1** (3-1-6, £13.13, TC: £0.00). **12.48 Platinumsunshine 5-2** (4-2-6, £16.97, TC: £0.00). **1.06 Noirs Fly 11-4** (6-3-5, £18.68, TC: £0.00). **1.21 Olwinn Ginge 11-4** (2-3-6, £24.56, TC: £0.00). **1.36 Honour Flyer 5-6f** (1-6-2, £6.75, TC: £0.00). **1.52 Honour Malibu 5-1** (2-3-5, £15.59, TC: £0.00). **2.09 Honour Fifi 9-2** (4-6-2, £24.93, TC: £0.00).

CENTRAL PARK. - 2.23 Genuine Sambuca 3-1 (3-4-6, £17.76, TC: £0.00). **2.41 Ima Rocket Fran 2-1** (4-1-6, £16.48, TC: £27.18). **3.01 Blossomfort Coco 3-1** (2-4-3, £7.61, TC: £0.00). **3.19 Eire Eddie 3-1** (4-5-6, £12.70, TC: £50.93). **3.38 Hollyoak Ronald 9-2** (1-5-3, £24.08, TC: £0.00). **3.57 Super Trick 5-4f** (3-1-4, £7.58, TC: £0.00). **4.16 Mohican Julie 7-2** (DH 2nd 2-4-1, £38.32, TC: £129.05, 2-1-4, £9.74, TC: £59.25). **4.34 Distant Power 9-2** (6-4-2, £17.70, TC: £28.25). **4.53 Run Amie 11-8f** (1-6-2, £7.77, TC: £0.00). **5.12 Headford Toby 1-2f** (1-3-4, £8.41, TC: £23.50). **5.31 Seefin Daisy 5-1** (1-2-6, £27.12, TC: £0.00). **5.49 Windsor Times 15-8** (4-1-5, £13.00, TC: £0.00).

ATHLETICS EUROPEAN CHAMPIONSHIPS

MINSHULL AIMING FOR 'HOME' RUN

BY **JOSEPH SAUNDERS**

RISING star Jake Minshull is out to show there is no place like home at next week's European Athletics Championships in Birmingham.

The 21-year-old 400m hurdler is currently studying for a human sciences degree in the second city and hails from nearby Coventry.

He trains on the Alexander Stadium track three times a week, providing him with local knowledge he hopes to be able to use to his advantage when he takes on the best the continent has to offer. He said: "It pretty much feels like a home event, and it feels like I know the place pretty well. I know what the weather is going to be like there. I'm ready for it.

"In my second year [of university], I was finding it quite full on with all the training and found myself running from one thing to the other, so I split my third year."

Minshull (inset) won 4x400m bronze at the World Relay Championships in May, and added to his burgeoning reputation at the recent Commonwealth Games in Glasgow, picking up a 400m hurdles silver medal he 'wasn't meant to get'.

Minshull added: "It was pretty surreal. I've been training for moments like that and to get one is pretty special. In my head, I thought I could get a medal, but there's a bit of a difference between thinking it and actually doing it.

"It's given me a big confidence boost ready for the Europeans."

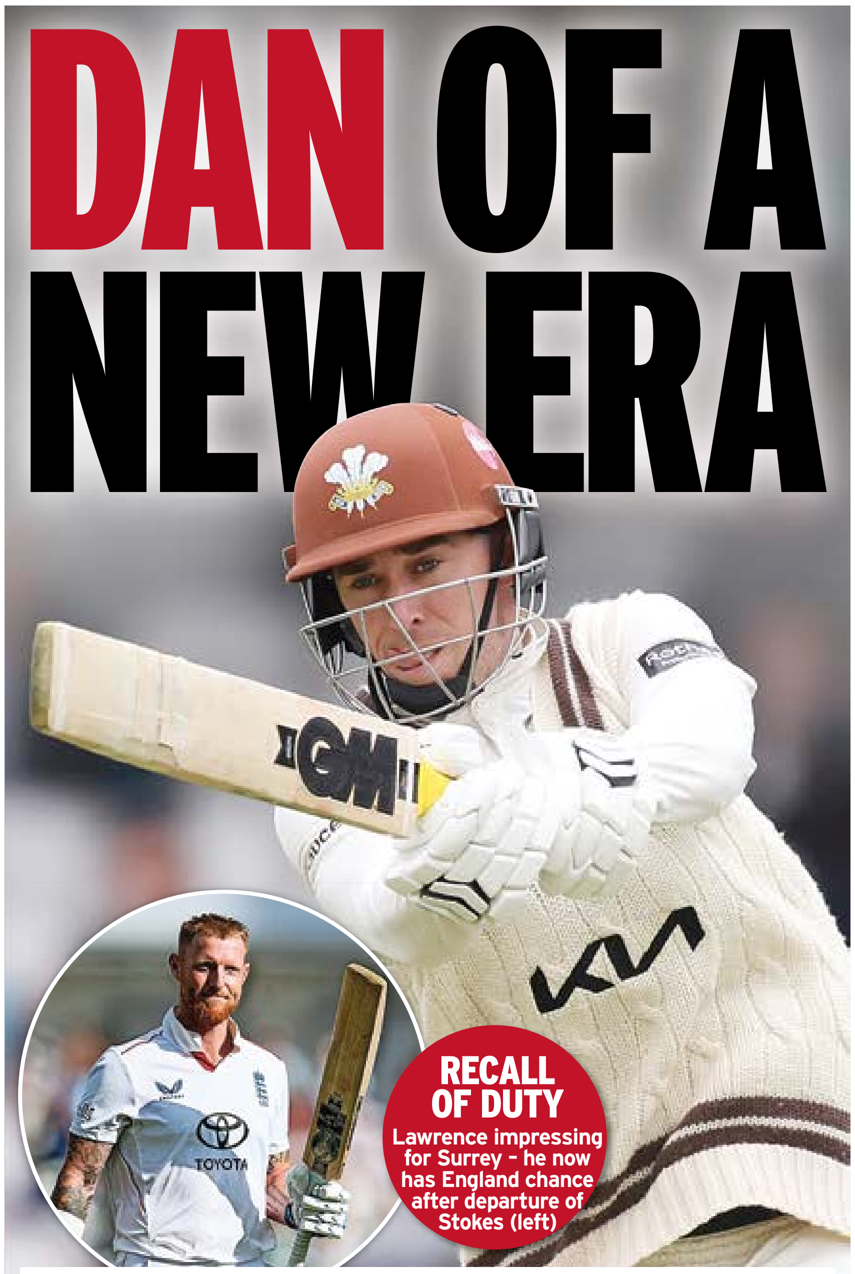
■ Novuna is the Official Finance Partner of British Athletics and proud sponsor of the GB & NI Athletics Team. From everyday goals to world-class dreams, Novuna backs the ambition of millions across the UK – from supporting British businesses and individuals' plans, to powering British Athletics on the global stage.

Find out more at www.novuna.co.uk

INSIDE
SATURDAY
William HILL
FREE
£3
SHOP BET
VALID ON ALL FOOTBALL
DAILY Mirror

GambleAware Bet 18+ only. Terms and conditions apply. See paper for details.

DAN OF A NEW ERA



RECALL OF DUTY
Lawrence impressing for Surrey - he now has England chance after departure of Stokes (left)

Lawrence in to fill Stokes' boots

BY **DAVID CHARLESWORTH**

DAN LAWRENCE is earmarked to play in England's first Test of the post-Ben Stokes era with Jordan Cox batting at number three because Jacob Bethell is out of the whole Pakistan series.

Former vice-captain Ollie Pope returns as batting and wicketkeeping cover, while seamers Brydon Carse and Sam Cook have also been recalled in a 16-strong squad for the first two Tests at Headingley and Lord's this month.

National selector Marcus North revealed Sam Curran was under strong consideration to succeed the recently-retired Stokes, but an ongoing niggle means England have decided to reinforce their batting.

The last of Lawrence's 14 Test appearances was in September 2024 as a makeshift opener, but he will be carded at six after impressing for Surrey this year with five County Championship hundreds.

While premier spinner Shoaib Bashir has been retained, Lawrence's part-time off-breaks mean new captain Joe Root is likely to field four frontline pacemen in the series opener at Leeds, starting on August 19.

"It would be very easy to get hung up on the fact we've lost Ben," North (inset) said. "But it's not just picking an all-rounder for an all-rounder's sake. If we are going to pick a like-for-like player, they need to be at the level and skillset to be successful at Test level.

"Sam is certainly someone we identify as that player. We don't feel physically he's quite right there. He's someone we really value highly and we see playing a role in the future for us as an all-rounder.

"We've gone with Lawrence as we feel he gives us our strongest batting line-up. We feel he's an advanced, better player than he was when he last played for England."

Bethell injured his right knee during England's one-day international series win over India, ruling him out of The Hundred, and no timescale was provided for his comeback.

That has opened the door for Cox, who made his long-awaited debut at seven during England's 2-1 series loss to New Zealand in June, but he bats at four for Essex and has experience of opening with former county Kent.

"We wouldn't be putting this guy at three if we didn't feel he was capable to fulfil that role," North said. "He's got plenty of character about him, he's a huge competitor and quietly confident."

New head coach Stephen Fleming has had some input into the squad, but does not take charge until the winter, with Marcus Trescothick overseeing the Pakistan series on an interim basis.

"We must ensure our selection and philosophy are aligned with Stephen," North added. "It would make no sense to contradict where Stephen sees us as a team moving forward.

"He was very much a part of all the meetings and discussions and contributed where need be."

ENGLAND SQUAD: J Root (captain), J Archer, G Atkinson, S Bashir, H Brook, B Carse, S Cook, J Cox, B Duckett, M Fisher, E Gay, D Lawrence, O Pope, O Robinson, J Smith, J Tongue.

WAKEY BREAKY HEARTS

Arthur warns Trinity are big danger to Leeds' title hopes

WAKEFIELD v LEEDS
Super League: KO 8pm, Sky Sports

BY **DANIEL TOMLINSON**

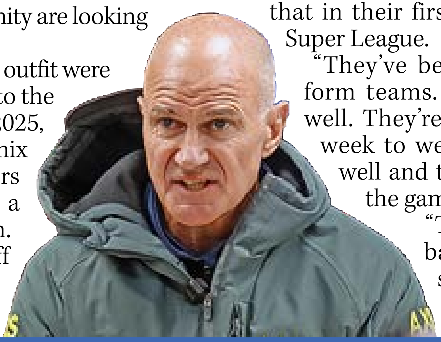
SUPER LEAGUE's status quo was broken last year by Hull KR, who became just the fifth different team to win the competition since its inception back in 1996.

Now Wakefield Trinity are looking to follow suit.

The West Yorkshire outfit were only promoted back to the top flight ahead of 2025, but are right in the mix and host league leaders Leeds tonight in a top-of-the-table clash.

A potential play-off rehearsal, Wakefield's surge to become one of the league's genuine powers is no surprise, at least to Rhinos boss Brad Arthur, who is anticipating a tight and tense clash against the fellow high-flyers.

"I thought they had a really good season last year and they showed a lot of potential," said Arthur (below).



"Obviously, they were disappointed in how they played in their play-off match last year, but they learned a lot from that in their first year back in Super League.

"They've been one of the form teams. They're going well. They're backing it up week to week. They start well and they also finish the game strong.

"They move the ball around and score plenty of points and show plenty of grit and toughness. They are playing really well at home and they're well coached. They know exactly what each other's role is and how they contribute to each other.

"We're similar. We showed it on the weekend. We had every one of our 17 players really own their job.

"It's a really good contest that we're looking forward to and another good challenge and test for us."

Leading the competition, Leeds have put themselves in prime position for the League Leaders' Shield this year and a home semi-final, but Arthur is taking nothing for granted.

"There are a lot of things still to happen," he said. "We still have six rounds to go and you can see how tight it is at the top of the competition.

"We'll be disappointed if we don't give ourselves every opportunity to be in the top two. We've worked hard to get here, but we're under no illusion it's going to be even harder to stay here.

"Nothing's going to be easy but we don't want anything easy. We're going to continue to work hard and try and give ourselves every opportunity to make sure we are in the top two.

"Every week is important for us."

■ HARVEY BARRON'S hat-trick for Hull FC saw them beat struggling St Helens 32-18. It ended Hull's seven-game losing streak and left Saints looking unlikely to make the play-offs.

SUPER LEAGUE

	P	W	D	L	F	A	Pts
Leeds	21	17	0	4	744	304	34
Wakefield	21	16	0	5	587	352	32
Wigan	21	16	0	5	607	383	32
Warrington	20	14	0	6	526	346	28
Hull K R	20	13	0	7	588	339	26
Leigh	21	13	0	8	466	398	26
St Helens	22	12	0	10	502	492	24
Catalans	21	9	0	12	419	621	18
Toulouse	21	7	0	14	432	544	14
York	21	7	0	14	430	613	14
Castleford	21	7	0	14	390	658	14
Hull	22	6	0	16	385	481	12
Bradford	21	6	0	15	382	629	12
Huddersfield	21	4	0	17	333	631	8

TROPHY HUNTERS Josh Rourke celebrates a try for Trinity

Peters refuses to let up as Tigers lick their wounds

WILL TO WIN KR boss Peters is eyeing title push

BY **WILLIAM JACKSON**

HULL KR boss Willie Peters knows just how important a win over Castleford Tigers could be as the business end of the season approaches.

The Robins travel to West Yorkshire this evening and they are big favourites to get the job done in the wake of Castleford's turmoil, with head coach Ryan Carr being stood down.

They won't take the Tigers lightly but, with seven games left to play, including a game in hand against Warrington Wolves, a win would further strengthen their chances of being able to retain the Super League title.

"We're in a position where we control our own destiny to get into the finals," said Peters.

"I know it's a cliche, you take it week by week. You tick each game off and make sure you get the two points, it's important to get those wins."

York Knights are looking ahead and preparing for another year of Super League despite their uncertain standing. The Knights were promoted to the top flight ahead of the 2026 campaign and they have claimed a number of high-profile scalps this season, with Mark Applegarth's side approaching this evening's clash with Leigh Leopards on the back of beating St Helens last time out.

However, they remain at risk of relegation due to their IMG ranking, which is expected to be one of the lowest in the competition, alongside Toulouse Olympique.

"We're planning as though we're in Super League," Applegarth said.

"We'll keep quiet for the time being, but what have we got left, six games? I'm full steam ahead as if we're in Super League."

BOXING BRIT BATTLE

Wembley KO for AJ

BY **MARTIN DOMIN**

ANTHONY JOSHUA is fighting a losing battle to stage his fight with Tyson Fury in the UK.

The British heavyweights (Joshua, below) signed contracts earlier this year to meet at home in the autumn. But Netflix, who will broadcast the fight, want it staged at a time suitable for a US audience.

That would have meant the first bell ringing as late as 4am if the bout was held at Wembley.

Joshua, 36, admitted last month his legacy would be damaged if the fight was shipped abroad.

But Fury's promoter Frank Warren has revealed that no deal could be struck with the national stadium.

New York's Madison Square Garden looks to have seen off competition from Los Angeles and Las Vegas to stage the showdown, with November 20 the preferred date.

RESULTS & FIXTURES

Carabao Cup 1st Round

BRISTOL C (0)........0 WALSALL (0)........1
Pressley 47

UEFA Europa League 3rd Q'fying Rnd 1st Leg

J BIALYSTOCK (2)...2 RANGERS (1)........1
Fernandez 14 (og), Szmyt 22 — Montoia 5 (og)
Att: 19,931

BENFICA (3) ....6 HEARTS (0) 1
Rafa Silva 4, Araujo 24, Pavlidis 43 (pen), Prestianni 60, Duran 88, Schjelderup 90 (pen) — Renaud 73

Europa Conference Lge 3rd Q'fying Rnd 1st Leg

HJK (0) ....1 MOTHERWELL (0) 1
Pukki 71 — Maswanhise 64 (pen)

AJAX (2).................3 SHELBOURNE (0) . 1
Godts 6 (pen), Wijndal 22, Dolberg 50 — Kelly 84

BOHEMIANS (0) .....0 MIDTJYLLAND (1). 2
Franculino 28, Andreasen 77

HIBERNIAN (0).......2 SHKENDIJA (0) 1
Lowe 73, O'Hora 90 — Gjorgjievski 76

RUGBY LEAGUE

Betfred Super League

ST HELENS .... 18 HULL 32
St Helens—T: Murphy, Welsby, Robertson. **G**: Hastings (3).
Hull—T: Barron (3), Martin, Cust, Bell. **G**: Hardaker (4).

Women's Super League: St Helens 6 Wigan 44.

TODAY'S DIARY

(7.45pm unless stated)

Carabao Cup 1st Round
Middlesbrough v Wrexham (8pm) .... (Live on ITV 1)
Wolverhampton v Port Vale.......................
Wycombe v Stevenage ....

William Hill Scottish Championship
Partick v Livingston (7.30)...................... (Live on BBC Scotland)

Friendlies: Bayern Munich v Aston Villa (1pm), Fulham v Crystal Palace (6pm).

CRICKET
Metro Bank One-Day Cup
Group A: Lancashire v Gloucestershire (Old Trafford, 11am), Leicestershire v Warwickshire (Grace Road, 2pm), Nottinghamshire v Northamptonshire (Chesterfield, 11am), Somerset v Surrey (Taunton, 2pm).
Group B: Durham v Middlesex (Riverside, 1.30pm), Glamorgan v Essex (Sophia Gardens, 11am), Sussex v Worcestershire (Hove, 2pm), Yorkshire v Derbyshire (Scarborough, 11am).

RUGBY LEAGUE
Betfred Super League (8pm): Castleford v Hull K R, Leigh v York, Wakefield v Leeds.

LOAN Spurs' Moore on way to a season in Bundesliga

Mikey is bound for Cologne

MIKEY MOORE has agreed to join Bundesliga club Cologne on a season-long loan, but Tottenham are yet to green light the move.

Highly-rated young attacker Moore flourished on loan at Rangers last term before being given the chance to impress Spurs boss Roberto De Zerbi throughout this pre-season.

While the 18-year-old has produced eye-catching moments this summer, a second loan away from Tottenham has been agreed as the best course of action. But Moore has not yet received permission to fly to Germany to complete the move.

Middlesbrough and a second spell at Rangers were options for Moore, but the chance to play in one of Europe's top five leagues was too good to turn down.

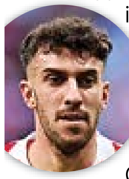
Borussia Dortmund had registered an interest in Moore before Spurs refused to include an option or obligation to make the move permanent in any loan deal.

Moore is expected to complete a straight loan switch to Cologne in the coming days and will link up with former England Under-17 team-mate Reigan Heskey in Germany.

Villans in Rugg hunt

BY **JOHN TOWNLEY**

ASTON VILLA are closing in on a £20.5million move to sign Atletico Madrid defender Matteo Ruggeri.



Personal terms have yet to be agreed with left-back Ruggeri (inset), who is set to replace Lucas Digne. Veteran Digne is set to join Paris Saint-Germain for around £8m.

Former Italy Under-21 Ruggeri, 24, only joined Atletico from Atalanta last summer, but has struggled to produce his best form.

Atletico have already signed Alex Grimaldo as his replacement, and Villa now believe there is a chance to bring Ruggeri to Villa Park.

MISHA'S A FITNESS FREAK

Marvel Mudryk in 'Uncle Tosin's' good books after comeback from drugs ban

RETURN OF THE MYK Mudryk in training (right) and (main pic) in action for Blues in defeat to Juventus

BY **BOBBY VINCENT** in Hong Kong

TOSIN ADARABIOYO has described his Chelsea teammate Mykhailo Mudryk as a "freak" and claimed he is not surprised the Ukrainian has maintained his fitness levels over the last 20 months.

Mudryk made his first appearance for the Blues since November 2024 on Wednesday evening, where he entered the pitch late in the 1-0 defeat to Juventus at the Kai Tak Stadium in Hong Kong.

The FA confirmed last week a resolution had been found regarding the Ukrainian's anti-doping disciplinary proceedings.

Mudryk, who has been linked with a loan move to Coventry, came on for Nicolas Jackson (top), to a rapturous reception from the 43,000-plus supporters inside the Kai Tak.

Considering Mudryk had only just returned to training with the Blues squad – after 20 months away from the team – the fact he could make even a cameo after just a few sessions was impressive.

But not surprising, according to Blues centre-back Tosin (inset).

"Misha is my guy," he said. "I have kept in contact with him throughout and it is really nice to have him back. I am really happy for him.

"You can see he is just really happy to be around and back in the environment. It is obviously going to take him some time but we are all here to support him."

Speaking about how Mudryk maintained his fitness levels during his lengthy time out of action, Tosin said: "Misha is a freak. His work rate is unbelievable.

"There is no doubt he has been working hard throughout this whole time. I know he has been doing sessions away, I have seen him. I know the guys he has been working with so it's good.

"I'm not at all [surprised by Mudryk's fitness]. I know Misha really well, his work rate is phenomenal, so I am not surprised."

Tosin, or 'Uncle Tosin' as he is known to his Chelsea teammates, is no longer the most senior figure within the Blues squad.

While being only 28 years old, Tosin had been the oldest player, but striker Danny Welbeck, 35, and midfielder Jordan Henderson, 36, have joined Chelsea this summer.

"No, thank God," joked Tosin when reminded he is no longer the 'uncle'. "We have Welbeck now. I have known him for a long time just growing up in Manchester."

Welbeck made his unofficial debut for Chelsea in Hong Kong, where the striker took part in the opening 45 minutes before being replaced.

"And Tosin is excited to see how the veteran striker does in west London.

"We have all seen that he scores goals," added Tosin. "He is a striker and he is here to help. The way that he can help is by scoring goals and I am sure he will do that."

As for Henderson, the defender added: "Pure experience and, at the same time, they are winners. They will bring that winning mentality to the club and hopefully we will continue that way."

'There is no doubt he has been working hard throughout this whole time. His work rate is unbelievable'

ANDY DUNN

Britain’s best Sports Writer

BRAZEN IT OUT

Infanto watches a WAFCON match with FIFA gereral secretary Grafstrom

UEFA must lead the fight to rid football of plotting Infantino

IN case you are interested, the Women’s Africa Cup of Nations (WAFCON) game in Rabat’s Al-Madina Stadium on Wednesday night resulted in a 2-1 win for Zambia over Malawi.

Alas, Nigeria’s 6-2 victory over Egypt in Rabat’s Olympic Stadium meant Zambia had not qualified for the knockout stages, having been pipped on goals scored.

It was quite a dramatic denouement to Group C but the headlines were all about one man in the stands for the Malawi-Zambia game.

Sat next to Mattias Grafstrom, FIFA’s general secretary, was Gianni Infantino, brazening it out after receiving support from a meeting of as many of the organisation’s management board as could be bothered attending.

Outside of Africa, the WAFCON is unlikely to get extensive coverage. But the point is that Infantino was a major distraction from what should have been the main attraction. The football.

And that, apart from a myriad other things, should tell him that hanging on to power is doing the game a disservice.

The FIFA statement, signed by Infantino and Grafstrom, refers to the ‘successful delivery of the FIFA World Cup 2026’.

And to the extent that it happened and a lot of people watched it, they are right. But when players and fans should be reflecting on the kaleidoscope of emotions felt in the wake of a great tournament, they are instead occupied by Infantino’s sell-off scheme, the subsequent backlash and the ramifications of him staying in power.

If you operate on an ‘every cloud/ silver lining’ basis, it spares some nations a bit of soul-searching into their World Cup performances.

For example, we are now more concerned about what the Football Association is going to do about Infantino rather than what it is going to do about an extravagantly-paid manager who completely blew it at the crucial moment.

Thomas Tuchel can thank Infantino for taking away some of the heat. But Infantino’s ill-fated, money-making project has significantly coloured how we now look at World Cup 2026 and its compelling characters on the field of play.

The heroics from Vozinha, the Cape Verde keeper? The brilliance of marquee players such as Kylian Mbappe and Lionel Messi? Erling Haaland announcing himself on a World Cup stage? The continuing thrill provided by Lamine Yamal? That epic Mexico-England game in the Azteca?

Memories fade but these have been banished in an instant by Infantino’s behaviour. It now feels like World Cup 2026 was just a sales pitch from Infantino to billionaire private investors.

World Cup 2026 goes down in immediate history as the World Cup that was a test drive for private ownership. It goes down as a grand finale to an Infantino plot. That plot was foiled and assumptions that Infantino would have no choice but to resign now look decidedly misguided.

Which means the fight to force him out is only just starting.

It is a fight that should be led by UEFA, whose nations contributed so much to World Cup 2026, only for their efforts and achievements to be subsequently overshadowed by Infantino’s secret proposals.

There can be no letting up. When one administrator is throwing shade over the brilliance of footballers – whether that be at the World Cup or WAFCON, he simply has to be forced out.

Big Apple or a waste of time?

THERE is still no date set for a Tyson Fury-Anthony Joshua fight, and no venue either.

The latest suggestion is that it could be staged in New York on a Friday night later this year.

And while the prospect of the two (above) getting into the ring together remains a compelling prospect for many, anticipation is surely on the wane for others.

Their respective warm-up fights hardly whetted the appetite and taking it to a non-prime time slot in the States hardly revs up the enthusiasm.

Of more interest right now is Moses Itauma’s meeting with Filip Hrgovic in three weeks’ time. Now that promises to be a cracker.

As for Joshua-Fury, it is meandering towards a stage where you could happily take it or happily leave it.

» NO Test match until August 19, no Premier League until August 21, no Formula One until August 23, no Grand Slam tennis until August 23, no golf major until next year, it’s a thin time for sports lovers right now.

But at least the World Molkky Championships take place in Helsinki next weekend.

Never heard of it? Me neither. But I read all about the unlikely quest for glory in the sport of Finnish skittles – yes, Finnish skittles – undertaken by four 50-somethings in Japan a couple of years ago.

And it is a very funny holiday read.

The Fall and Rise of the Molkky Bar Kids by Neil Squires is published by Icon Books.

Sorry, it’s Jos not cricket...

ENGLISH cricket officially celebrated an all-time great this week when Jos Buttler became the highest-scoring batsman in T20 history.

His 51 for the Manchester Super Giants in their win over the Welsh Fire at Old Trafford took his career total to 14,833 runs in the game’s shortest format.

Apparently, for the record, runs in The Hundred count as T20 runs.

But it is still confusing. And the fact that Buttler’s achievement has gone relatively unheralded is a reflection of The Hundred’s fight for credibility.

Million reasons to kick out Pollock pay try

IF THERE is one common criticism of Henry Pollock, it is that the Northampton back row might just be a little too cocky.

So how has his agent tackled what many could perceive as an issue?

“He is certainly a seven-figure player,” said Eddie Hearn, as Eddie Hearn would. “The way rugby’s going and what Pollock is doing, his value over the next couple of years will skyrocket.”

Pollock (left) is exciting and fun to watch, that is for sure. Clearly, he will be a very marketable figure.

But if Hearn believes rugby’s finances can sustain a 21-year-old forward going from £150,000 a year to £1million annually, he is very much deluded.

Professional rugby union has had its issues – and it will have even more if it gives overhyped youngsters seven-figure salaries.

WE ARE NOT A SPENT FORCE

CASH IN HAND
New Toon boss Jaissle still has funds for players

Jaissle expects new faces but says it's a 'collective' decision

BY **LEE RYDER** in La Manga

NEWCASTLE boss Matthias Jaissle expects more new faces to arrive at St James' Park this summer – but indicated he will not have the final say on transfers.

Speaking at the Magpies' pre-season training camp in Spain, Jaissle revealed any conversations on recruitment will be taken in conjunction with sporting director Ross Wilson and CEO David Hopkinson.

Jaissle, who has replaced Eddie Howe in the Toon hot seat, also warned that, while the current crop of players will get a chance to win him over, some will be gone before the new season kicks off.

Asked if he will have the final say on transfers, Jaissle replied: "It is always about unity and having this conversation and being transparent in the way we think. Then it is a collective decision what we are going to do.

"That is important, that we show it as a club, that unity is one of the key values from the Newcastle code. And this is something that we want to live."

The Magpies have made five signings already this summer, with Bazoumana Toure, Aladji Bamba, Ewen Jaouen, Lukas Hornicek and Sean Steur through the door.

But the new boss insisted there will be more to follow. The German said: "We have the capacity to do something in the market. Our sporting director is aware of that. For sure, when the season starts, we should see new faces.

"This is now a transitional phase, but I am really excited to finally be – officially – here in the camp.

"I am already looking forward to being back home in Newcastle and to starting that journey."

Toon are still reeling from losing Bruno Guimaraes, Sandro Tonali and Anthony Gordon, with the new manager explaining those departures will take some getting used to internally. The German head coach said: "That is a tough question after just one day of being the manager.

"It is a transition – we lost a couple of really important players and that has changed [things]. But we have a clear vision of where we want to go and be successful, everybody does, but it is about hard work now in pre-season and making progress."

When asked about the level of his ambition, Jaissle added: "I have always got big ambitions. That is, I think, the key element for every coach, otherwise I would not be here.

"But it's always easily said. The most important thing is just to do your best every day and get the best out of the players, try to improve and support them, give them also the courage to grow, and that's now the phase we're in with this pre-season."

BRUNO ALWAYS A NO-NO

FROM BACK PAGE

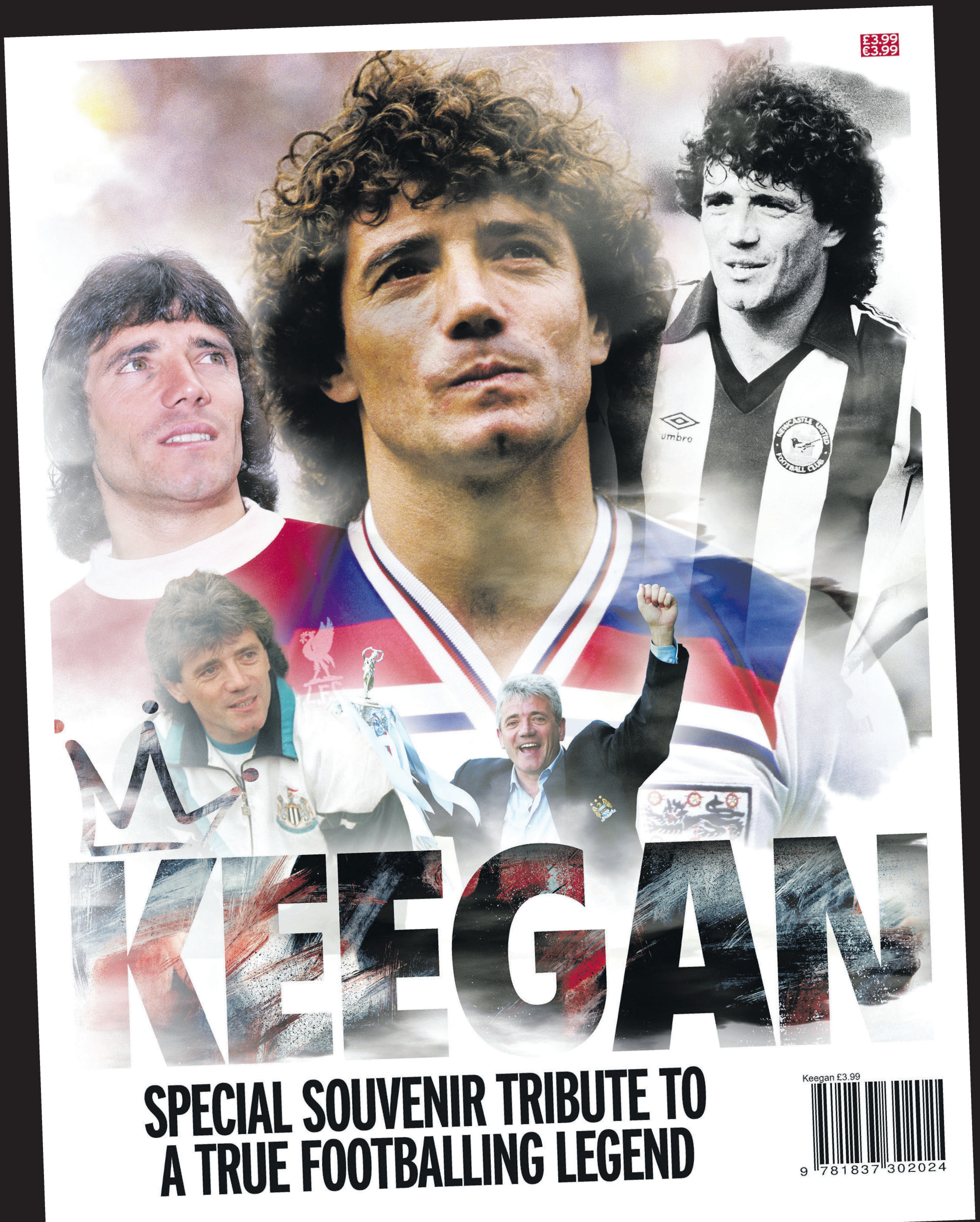
gives Jaissle the chance to bring in stars in the remainder of the window.

He needs at least one full-back, where Tino Livramento and Lewis Hall are the only senior options, while a replacement for Guimaraes (left) and possibly another midfielder are required. "I'm only one day here but I have the squad mapping and I have clear ideas," he added.

"But I also want to know the players here, I want to give them a chance to see if they can show up. It's always a new challenge."

Asked on any further exits, Jaissle said: "It would be unfair to judge them now after one session."

TRIBUTE TO
A FOOTBALLING LEGEND



Scan Me

VISIT **WWW.REACHSHOPS.CO.UK/KEEGANTRIBUTE**
OR PICK UP IN PARTICIPATING RETAILERS

Available to purchase in participating supermarkets, high street retailers and independent newsagents from August 15, 2026. For online purchases postage and packaging applies.

CHANGING OF GUARD Calafiori and Guimaraes will now be team-mates

TOP DRAWER

Quality buys like Bruno will help Gunners stay at summit says Calafiori

RICCARDO CALAFIORI insists signings of Bruno Guimaraes' quality are just what Arsenal need to stay at title-winning level.

The Brazilian is set to be announced as the second-most expensive signing in the club's history after completing a move from Newcastle for around £75million.

After a lengthy transfer saga, the two clubs finally reached an agreement.

Calafiori, asked how exciting it is to be linked to players such as the 28-year-old and whether it highlights the club's ambition for the new season, said: "Of course, I think it's the level that we want to reach, and we want to stay at this level, and that's the season we want."

The Italian defender added: "The Premier League, I think, has to be a new cycle, and we want to stay at that."

Calafiori has had to endure an emotional summer, being forced to sit back and watch his club team-mates head off to North America to compete at the World Cup.

Italy were beaten in qualifying by Viktor Gyokeres' Sweden, leaving the Arsenal full-back to explain that the entire process made it too painful to sit down and watch much of the tournament, while still being happy for his winning colleagues. "I haven't watched a lot," the Italian international admitted.

"I said from the beginning because obviously I have so much pain in my tummy to not qualify, and also I kind of hurt how big it was.

"Even if you don't want to watch the World Cup, it's that big that everywhere you go, you still see it on TV every match. At the end, I was happy for the three Spanish guys that we have in our team."

That pain, however, is clearly set to become a motivator for the 24-year-old.

Injuries have plagued Calafiori's career with Arsenal, but the recharge over an uninterrupted summer will be a benefit, as will turning the hurt of missing the World Cup into a push for the new season.

"Yeah, I think I can use it, and as well, I think I had a good window to rest.

"Of course, I have to give this energy that I have still in my body for my team," Calafiori said. "I think I can help the team a lot this season."

Despite being Premier League champions, it is evident that Calafiori has not forgotten the team's missed opportunities in the Champions League and Carabao Cup finals. Manager Mikel Arteta (circle) said his side were 'fuming' after the defeat to Real Betis in what was only a pre-season friendly.

The pain of winning just the one trophy last season clearly remains branded into the Arsenal players.

"It's not that complicated," Calafiori said when asked about going to another level despite already being Premier League champions.

"Because obviously we reached two finals last season and we lost them. It's so easy to start again from there and to try to win it."

> 'We reached two finals and lost them. It is easy to start again from there'

JUANLU'S CHERRIE PICKED

BOURNEMOUTH have completed an £11.1million deal for Sevilla right-back Juanlu Sanchez as head coach Marco Rose finalises his squad for the club's first season in Europe.

Former Spain Under-21 international Juanlu has signed a five-year contract at the Vitality Stadium for an initial £9.4m fee and could cost a further £1.7m in add-ons. The 22-year-old (right) is the Cherries' third signing of the summer, following the transfers of centre-back Antonio Silva from Benfica and forward Alvaro Rodriguez from Elche.

With the arrival of Juanlu, who made 109 first-team appearances for Sevilla, Rose's squad is understood to be "95 percent complete" ahead of the club's Europa League campaign.

CASH 'PORS IN FOR MO

MOHAMED SALAH has wrapped up his move to Trabzonspor on a deal until 2028.

The former Liverpool forward (right) joins the Turkish Super Lig club as a free agent after ending his Anfield contract a year early by mutual agreement.

Salah, 34, will wear the No.10 shirt, as he does for Egypt, and could make his competitive debut in the Super Lig season opener against Kasimpasa on August 15.

Trabzonspor, who finished third in the league last year, have agreed to pay Salah £14.5million per year – £8.5m is his salary with the remainder as an annual signing-on bonus.

The World Cup star will also be entitled to 20 percent of revenue from Salah-branded merchandise.

Boro are Hell-bent on glory

Boro v Wrexham

Carabao Cup 1st rd, 8pm

BY **CRAIG JOHNS**

KIM HELLBERG wants Middlesbrough to use tonight's Carabao Cup clash with Wrexham to set the tone for a fresh crack at Premier League promotion.

Boro kick off their season with tonight's first-round cup tie before their Championship campaign begins next weekend at home to Lincoln City.

After an ambitious transfer window – with five players signed and two more, in Radek Vitek and Ashley Phillips, close – Boro are pumped for promotion.

Boro head coach Hellberg (above) admitted: "It's probably the only competitive game where you can say that a more important game is coming up in the following week.

"You want to win because it's important to start with a win to build up a character of winning.

"We will try to do everything we can to win the game, but you also need to balance some things and maybe don't take a risk that you might have taken if I was a week further down the line."

Vini does Real deal

BY **TOM CANTON**

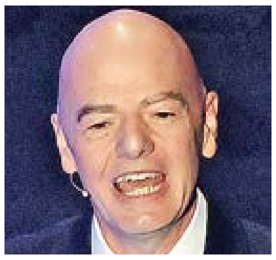
VINICIUS JUNIOR has agreed a contract extension with Real Madrid, dashing Arsenal's hopes of signing the forward.

The Gunners were very keen to sign the Brazilian but that prompted Real Madrid to act. And he last night agreed a new deal to keep him in the Spanish capital until 2032.

Real initially stood firm on not improving their previous offer but that changed following talks this week with the club hierarchy.

Vinicius, 26, joined Real from Flamengo in 2018 and his representatives had been in talks over a fresh deal for the past 18 months.

He returned to the club at the start of the week following his World Cup campaign with Brazil.



EYE OF STORM Infantino

UEFA still planning to boycott

BY **JAMIE GARDNER**

UEFA insist a European boycott of the World Cup remains in place after FIFA indicated president Gianni Infantino would carry on.

Infantino has been under pressure for over a week after his controversial plan to sell stakes in a company to run the World Cup.

UEFA stated its 55 member countries would boycott FIFA competitions until the idea was scrapped.

FIFA's management board gave Infantino its backing on Wednesday, but the European confederation said that "changes nothing".

"UEFA's associations were very clear about the conditions attached to the non-participation in FIFA competitions," a UEFA statement read.

"The proposals to sell off major competitions had to be withdrawn and assurances have to be made that such attempts to disfigure the game in this way will never be made again. These conditions have not been met.

"The announcement that some people employed by the FIFA President (and whose careers depend on his favour) agree with him changes nothing."

Big date for Argies

BY **JAMIE GARDNER**

ARGENTINA'S semi-final win over England at the World Cup will be commemorated each year.

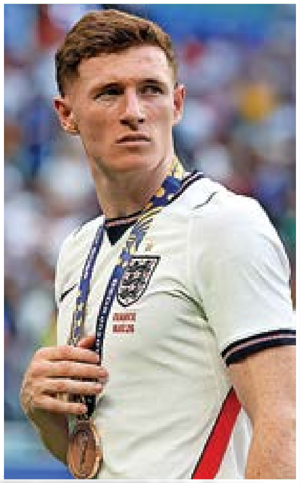
The Argentinian FA has established July 15 – the date of the 2-1 victory in Atlanta – as its 'National Football Teams Day' after a meeting of its executive board on Wednesday.

"The date was chosen to commemorate Argentina's historic victory over England in the World Cup semi-final," an article on the AFA's website stated.

"Lionel Scaloni's team was trailing the English side by a single goal, but with goals from Enzo Fernandez and Lautaro Martinez, they turned the game around, sending the nation into a frenzy of celebration."

NICO VOTES REMAIN

Gonzalez sticking around to play his part in Enzo reign



BIG MONEY Elliot Anderson

SPAIN CLUBS IN A BATTLE FOR RODRI

FROM BACK PAGE

unsigned and there have been no attempts to shut down the speculation that he could return to La Liga.

His performances at the World Cup have catapulted him into the running for the Ballon d'Or and pushed the Spanish super clubs into trying to secure a deal for him.

Rodri is still expected to return to City ahead of the new season to join up with manager Enzo Maresca – who replaced Pep Guardiola – and his squad.

And the club will want a big offer that reflects his status in world football if they are to sell him.

But they have to be alive to that prospect given the significant interest in him.

City have already brought in Elliot Anderson for a club record £116million this summer from Nottingham Forest and are also working on a deal to secure Lille's Ayyoub Bouaddi.

The French club had been hoping to keep him for another year so will not let the Moroccan teenager go cheaply.

However, given the age profile of those two players, and the fact that City have already lost Bernardo Silva, their abilty to keep hold of Rodri is likely to have a huge impact on their title chances.

The Blues came close to pipping Arsenal in the final weeks of last season but fell short at the last, with the 30-year-old missing for crucial matches in the run-in.

BY **SIMON BAJKOWSKI**

NICO GONZALEZ has become the latest Manchester City midfielder to commit his future to the club as Enzo Maresca sweats on the future of Rodri.

Gonzalez had a testing first 18 months and last season went from the most valuable player for Pep Guardiola in the first half of the campaign to somebody who was barely used in the final months.

That created doubts over his future as City look to refresh their midfield given the departure of Bernardo Silva and the possible exit of Rodri.

With Maresca taking charge, Gonzalez was one of a number of players whose place in the squad for this season was not secure.

But the former Porto player has followed Mateo Kovacic (inset) in declaring his intention to stay while on the summer tour.

Speaking after the 3-1 win over K-League All Stars, Gonzalez insisted he is happy to be a member of the group even if he doesn't play every match.

"I'm happy here. I don't want to leave and I think the club wants me to stay. I haven't seen anything but I'm happy here," he said. "I don't think any player has the position guaranteed for all the matches. Everyone has to work hard.

"We are one of the best teams in the world and obviously there is competition in every position. That is what makes us be in the position that we are, winning so many Premier Leagues and competing for everything.

"I try not to focus on if I play or not. I try to focus on working well and being ready when I have to play. To be honest, last season I couldn't have expected to have played almost 30 matches in the starting XI.

"I played really good and I am happy here. I'm happy because I've had many opportunities."

If Gonzalez and Kovacic are expected to stay, Tijjani Reijnders is likely to move on after just a year at the club.

The Dutch international was signed from AC Milan for an initial £46.3m but has strong interest from Nottingham Forest, while Newcastle and Galatasaray have also shown an interest. The arrival of Elliot Anderson from Nottingham Forest for £116m has only served to push Reijnders further down the pecking order.

Talks are progressing to sign Lille's Ayyoub Bouaddi, 18, and he will be brought in regardless of outgoings.

Additionally, there will be replacements for either or both of Reijnders and Rodri, with the latter wanted by Barcelona now as well as Real Madrid.

That policy applies to other departures as well, so if Savinho heads to Tottenham then somebody new will be signed to take his spot in the squad.

It isn't clear yet that this will definitely be a winger, with Maresca and sporting director Hugo Viana flexible over their attack.

And with James Trafford completing a move to Leeds, Marseille's Geronimo Rulli, 34, is in City sights for the second time in his career.

He is lined up to become Gianluigi Donnarumma's No.2, with Marcus Bettinelli staying as the third keeper.

Plans to sign a right-back have also been shelved. City were only ever looking for a back-up to Matheus Nunes, having deemed Malo Gusto too expensive at the £75m Chelsea wanted for Maresca to reunite with his former player.

Abdukodir Khusanov is capable of playing at right-back and Vitor Reis also played there for part of the friendly with K-League All Stars. Reis is expected to stay with the first-team squad this season, with the right-back role offering him another route to minutes.

Having moved early to sign Antoine Semenyo and Marc Guehi in the January transfer window, City are confident that they can back those signings up in August to give Maresca the best possible chance of a successful first season at the Etihad.

MEN IN THE MIDDLE Tijjani Reijnders and Elliot Anderson (right)

CITY ARE IN TOP NIC Gonzalez claims that Man City have one of the best squads in world football

FIGHTING FOR HIS SPOT Gonzalez in action against K-League All Stars

"I'm happy here. I don't want to leave and I think the club wants me to stay."

DOKU HANDED A FIVE-STAR DEAL

BY **SIMON BAJKOWSKI**

MANCHESTER CITY will announce an improved five-year deal for Jeremy Doku when he returns to training next week.

The Belgian winger (inset) has been rewarded for an impressive year in which he became a regular first-team player and will be counted on as a key part of Enzo Maresca's team.

Doku arrived at City in 2023 and won the Premier League in his first year but struggled with injuries and consistency in his first two seaons at the Etihad.

However, he was a standout in several important matches last season and the club have acted to tie down the 24-year-old for at least another five years.

Having enjoyed a break after playing for Belgium at the World Cup, Doku is one of several players who will link back up with his City team-mates ahead of the Community Shield. It remains to be seen if he will be involved against Arsenal but Maresca will look to ease him back in as the season gets underway.

Doku could be even more exciting for City this season after changes made by the new boss to the way the team attacks.

Antoine Semenyo joined up with the squad for the Asia tour and has been left delighted by what he has been told by his new coach.

"From day one he's got his ideas to us," Semenyo said, speaking at Ahmad Tea's Preparation is Everything event.

"I reported a little bit later than some of the boys and I have had individual meetings with him on how he wants to set up, how he wants to play, his wide men, and just overall as a team.

"It's been good so far. I think his ideas are great – quite similar to Pep.

"If you watched the game against Inter Milan, you would have seen a couple of his ideas play out and it was good. And I'm looking forward to it."

Monga gets teenage kicks at City already

BY **SIMON BAJKOWSKI**

IT WAS only in February 2025, as he walked out at Old Trafford, that Jeremy Monga knew for sure he had something special.

Scouting reports from clubs and England staff had said it for years, but you can never really know in academy football if you are going to make it all the way through to the first team until the moment comes.

Having made the bench for an FA Cup game for Leicester against Manchester United shortly after his 15th birthday, a few months later Monga (below) made his debut for the Foxes against Newcastle, to become the second youngest Premier League player in the competition's history behind Ethan Nwaneri.

All that time sacrificed with his mates had been worth it, but the youngster's parents made sure he knew that making it was one thing but staying there was another.

The early impressions at City are positive as well, with the winger taking on all the instructions from new boss Enzo Maresca on the pitch and advice from Antoine Semenyo off it.

"I'm the type of person that doesn't really focus on the outside noise, I focus on what I do on the pitch," he said.

"I find it easy to cope because I don't overthink.

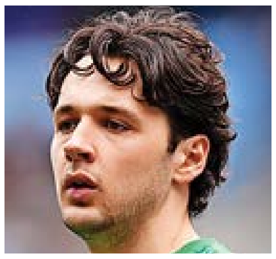
"One thing that I realised early is that everything can get stripped away just like that so I have to stay focused and humble because keeping my spot is the main priority.

"Sometimes it's annoying that I'm missing out on things but it's for the greater good. If you want to be a top player you have to live the top lifestyle and make sacrifices. My parents taught me that.

"Antoine Semenyo has been guiding me so far, telling me what's right from wrong."

It remains to be seen if Monga will be sent out on loan, not that he has given up on making an impact at City this season.

He said: "I'm so confident in myself that I can impress and work hard and do everything I need to do to get in the squad."



RECORD FEE Trafford

Trafford is for keeps at Leeds

BY **ISAAC JOHNSON**

GOALKEEPER James Trafford has completed his medical and signed a five-year deal at Leeds.

The 23-year-old became the club record signing with Leeds shaking hands with Manchester City on a package of £40m plus add-ons.

Trafford is the club's third signing of the summer, following free agent Harry Wilson, 29, and 23-year-old Tarik Muharemovic, who cost £34m.

He arrives as Daniel Farke's firm No.1 choice, which could potentially trigger the loan exit of 2025 goalkeeper signing Lucas Perri to Torino.

This would prompt Leeds to look for a new back-up, with Alex Cairns expected to be third choice.

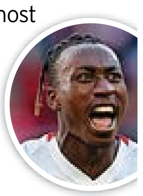
The Whites saw Karl Darlow leave the club for Manchester United this summer, while Illan Meslier joined Arsenal after his own deal expired.

Trafford has eyes on becoming Jordan Pickford's successor for England and knows he must earn regular game time in order to achieve this. He has two caps for the Three Lions so far and was a part of the World Cup squad.

Diomande a Real star

REAL MADRID have confirmed the signing of Yan Diomande from RB Leipzig on a seven-year deal.

The two clubs agreed a fee understood to be in the region of £115.8m, making him Africa's most expensive player.



Diomande has made a meteoric rise in recent seasons, sparking widespread interest among Europe's leading clubs, including Liverpool.

Paris Saint-Germain pulled out of the race to sign him last month, leaving the way clear for Madrid to seal the deal for the 19-year-old.

Mirror Sport
mirror.co.uk/sport

UEFA must lead fight to rid us of Infantino

ANDY DUNN'S BRILLIANT COLUMN: SEE PAGE 55

ORANGE BALLS!

Becks reckons Salford are a kit of all right

BY **JACK FLINTHAM**

DAVID BECKHAM believes Salford City will 'own' the colour orange after changing the League Two side's kit.

Manchester United legends and Salford co-owners Beckham and Gary Neville unveiled the Ammies' new orange home shirt for the new season (left). The Class of '92 purchased Salford in 2014 and they changed to a red home strip – but a fan consultation last season saw supporters vote in favour of reverting to their orange colours.

"I think it is going to stand out," Beckham said. "But do you know what I love about this? I talk about Miami and owning the colour pink, now we're going to own the colour orange in club football."

»WORLD CUP STAR'S SPAIN REIGN

HOT ROD

Barca and Real in transfer war for City ace

MAN IN DEMAND
Spain's biggest clubs – and Man City – are fighting for Rodri's signature

BY **SIMON BAJKOWSKI**

BARCELONA are ready to battle Real Madrid to sign Rodri this summer as Manchester City fight to keep hold of their star.

Real have started their pursuit of the World Cup-winner but they have now been joined by their fierce rivals. And the noises coming from Spain indicate the midfielder would prefer a move to the Camp Nou to join up with Hansi Flick's La Liga winners.

Rodri is into the final year of his contract at the Etihad and has resisted all efforts from City to commit his future to the club.

All offers of a new deal remain

TURN TO PAGE 58

No chance Toon stop for a Bru

BY **LEE RYDER** in La Manga

MATTHIAS JAISSLE has revealed that Bruno Guimaraes had already made up his mind to quit Newcastle before he had a chance to speak to the departing skipper.

Guimaraes' sale for £75million to Arsenal has finally been agreed, with the Brazilian in London yesterday putting the final touches to the deal.

And speaking about the departure of Newcastle's skipper just days after he was confirmed as Eddie Howe's replacement, Jaissle (inset) said: "I met him quickly but the decision was already made. It was a nice conversation, fantastic player but also a great human being.

"It's tough but also for him it's the next challenge. We have to deal with it at a later stage. We trust the players that are here already but we will also see some changes."

Bruno's exit takes Newcastle's tally of summer sales to around £250m, a figure which

TURN TO PAGE 56

VINI REAL BLOW FOR GUNNERS

SEE PAGE 57

WITH TOMORROW'S PAPER
FREE £3 SHOP BET WITH William HILL
VALID ON ALL FOOTBALL
18+ only. Terms & conditions apply.
PLUS FREE 24 PAGE FOOTBALL FIXTURES MAG

INCLUDES ALL 92 PREMIER LEAGUE AND EFL CLUBS
ESSENTIAL 2026-27 FOOTBALL FIXTURES

PICK UP AT TESCO
Subject to availability.
SEE TOMORROW'S PAPER FOR DETAILS

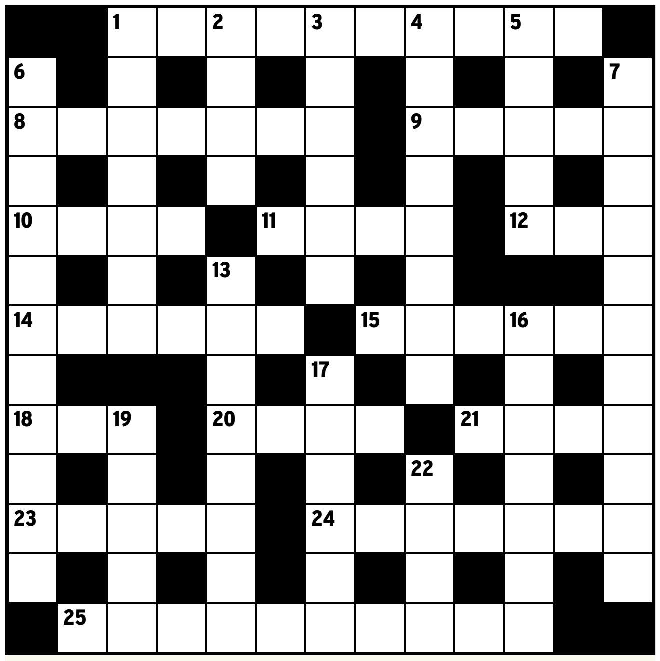
NEWSPAPERS SUPPORT RECYCLING
The recycled content of UK newspapers in 2025 was 30%

Published by Reach plc, One Canada Square, Canary Wharf, London E14 5AP. Registered in England & Wales No. 82548. Printed by Reach Printing Services at St Albans Rd, Watford, Hertfordshire WD24 7RG, Hollinwood Avenue, Chadderton, Oldham OL9 8EP, Discovery Print, 80 Kingsway East, Dundee DD4 8SL, Avenida de Alemania 12, 28821 Coslada, Madrid, Polígono Industrial Los Majuelos, Avenida del Paso, Edificio Multiusos, 38108 La Laguna, Tenerife, Miller Newsprint Ltd, Miller House, Triq L-Esportaturi, Zone 2, Mriehel, Birkirkara CBD 2040, Malta, Milkro Digital Cyprus, Nissou Industrial Area, Old Nicosia, Limassol Road, 2571 Nissou, Cyprus, Milkro Hellas Publisher Services Ltd, 2nd Kilometer Peanias Markopoulou Ave., Position Nisiza, 19441 Koropi, Greece.

PUZZLES DAILY BRAIN WORKOUT!

QUIZWORD & CROSSWORD

Two sets of clues, two different answers - all on the same grid. Choose one or the other.



QUIZWORD

ACROSS

1 Name, until 1966, of African country Lesotho (10)
8 Market town in Worcestershire situated within a meander of the River Avon (7)
9 Derek –, actor who starred as Dominic in BBC TV sitcoms Oh Brother! and Oh Father! (5)
10 Strong aniseed-flavoured spirit distilled in Turkey and Yugoslavia (4)
11 Paul –, actor who starred as Frankie Wilde in 2004 comedy-drama film It's All Gone Pete Tong (4)
12 Standard monetary unit of Japan (3)
14 Romain –, 2010 European Championships decathlon gold medallist (6)
15 **See 18 Across**
18 and 15 Brother of actor George Sanders who played Dr Louis Judd in 1942 horror film Cat People (3,6)
20 1982 action film starring Jeff Bridges and Bruce Boxleitner (4)
21 Paul –, Swiss artist whose works include 1922's Red Balloon (4)
23 1977 film comedy starring John Denver and George Burns (2,3)
24 1965-68 US animated television character created by Hanna-Barbera (4,3)
25 Folk-blues musician whose albums with Brownie McGhee include 1960's Down Home Blues (5,5)

DOWN

1 and 17 1980 film drama starring Edward Woodward in the title role (7,6)
2 District in the City of Westminster, London, known for its restaurants (4)
3 and 16 Mostly nocturnal marsupial of south Australia (6,7)
4 Knight of the Round Table and lover of Queen Guinevere in Arthurian legend (8)
5 Leonard –, actor who played Spock in 1960s US television series Star Trek (5)
6 The –, 2011 novel by Val McDermid (11)
7 2011-19 Sale Sharks centre; Samoa 2015 Rugby World Cup squad member (6,5)
13 Large extinct elephant-like mammal (8)
16 **See 3 Down**
17 **See 1 Down**
19 Andrea –, 2017 Italian motorcycle Grand Prix Moto3 series race winner (5)
22 Uncastrated male pig (4)

CROSSWORD

ACROSS

1 Optical instrument (10)
8 Naturists (7)
9 Prevent from breathing (5)
10 Light haircut (4)
11 Period preceding Easter (4)
12 Congeal (3)
14 Familiar with (4,2)
15 Puzzle with many pieces (6)
18 Rocky hill (3)
20 Undiluted (4)
21 Not any (4)
23 Holiday home (5)
24 Hold spellbound (7)
25 Organised association of workers (5,5)

DOWN

1 One who delivers babies (7)
2 Price (4)
3 Expelled (6)
4 Mixed alcoholic drink (8)
5 Spike of a fork (5)
6 Informative or helpful (11)
7 Coward? (6-5)
13 Norm (8)
16 Highland dress item (7)
17 Rich cake (6)
19 Measuring stick (5)
22 Needlecase (4)

Answers in tomorrow's Daily Mirror. Can't wait? Check the solutions now! To hear FULL SOLUTIONS and 5 EXTRA CLUES call **0905 789 0001** (80p/min) for the **QUIZWORD** or **0905 789 0002** (80p/min) for the **CROSSWORD**. Or text **QUIZCLUE** or **CROSSCLUE** to **64343** (£1/text) for 5 clues.

30-SEC BRAIN TEASER

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge. Genius players have 30 seconds to complete their own plus the Intermediate. Good luck! **Solutions in tomorrow's Daily Mirror**

BEGINNER 3	Square it	+7	×2	-18	6/7 of this	Reverse the digits	-8	×4	ANSWER
INTERMEDIATE 113	-87	×8	-13	40% of this	+246	5/6 of this	-32	6/7 of this	ANSWER
ADVANCED 264	8/11 of this	+143	Increase by 60%	-152	7/12 of this	+378	3/7 of this	+247	ANSWER

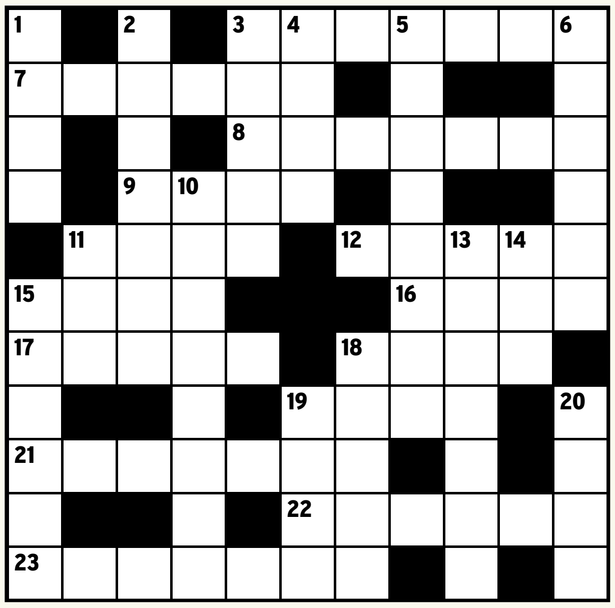
MIRROR GRAM

P	L	A	S	T	I	C	I	S	E

Solve our ten-letter anagram. **Solutions in tomorrow's Daily Mirror**

TWO-SPEED COFFEEBREAK

Two sets of clues - but the answers are the same.



CRYPTIC CLUES

ACROSS

3 The French vagrant starts to crush (7)
7 Gibbon said to have something small (6)
8 Flower makes bully lose his footing (7)
9 Comedian has a delay (4)
11 The others relax (4)
12 Car demolished room, with time (5)
15 Tried working without energy or grime (4)
16 Produced servant, we hear (4)
17 Rascal gets the Spanish to drive (5)
18 Husband led away and contained (4)
19 Present during the recording (4)
21 Sang at home - noted composition (7)
22 A stage built of stones (6)
23 Learned to rue diet changes (7)

DOWN

1 Honour your leader and submit (4)
2 Warn pet awkwardly in province (7)
3 Understood diplomacy around Italian (5)
4 Composing trio is a lot of fun (4)
5 Set on simmer - that's not the right word (8)
6 Prime arrangement with eastern realm (6)
10 A drug to get a heavenly body (8)
11 Criminal around border (3)
13 Old coins as gifts (7)
14 Not even peculiar (3)
15 Dive in - terribly delightful (6)
18 She'd get around the barrier (5)
19 Hate adjusting temperature (4)
20 Confused lips utter imperfectly (4)

QUICK CLUES

ACROSS

3 Tread on (7)
7 Miniature tree (6)
8 Primula (7)
9 Expect (4)
11 Pause (4)
12 Engine (5)
15 Filth (4)
16 Manufactured (4)
17 Force (5)
18 Grasped (4)
19 In this place (4)
21 Chanted (7)
22 Gemstones (6)
23 Educated (7)

DOWN

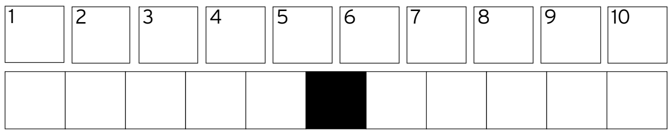
1 Comply (4)
2 Belgian city (7)
3 Implied (5)
4 Public disturbance (4)
5 Wrong name (8)
6 Kingdom (6)
10 Minor planet (8)
11 Edge (3)
13 Natural abilities (7)
14 Strange (3)
15 Celestial (6)
18 Row of shrubs (5)
19 Warmth (4)
20 Speech impediment (4)

Answers in tomorrow's Daily Mirror. Can't wait? Check the solutions now! TWO-SPEED COFFEEBREAK **0905 789 0003** (80p/min).

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP: Spoke Interactive Ltd. Helpdesk 0333 202 3390. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

THE NAME GAME

Hidden in the grid is the name of an actor. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name. Solutions in tomorrow's Daily Mirror



BOX1: **In art, the term 'Fauvism' means in the style of les Fauves, which are what?**
Super humans (B)
Space aliens (R)
Wild beasts (L)

BOX2: **Who wrote the Bridget Jones novels?**
Sue Townsend (F)
Kate Atkinson (Q)
Helen Fielding (I)

BOX3: **In what year did US talk show The Jerry Springer Show first air on TV?**
1991 (K)
1994 (R)
1997 (G)

BOX4: **In which 1990 novel did crime writer Patricia Cornwell first introduce the character of Kay Scarpetta?**
Postmortem (N)
Body of Evidence (W)
Point of Origin (S)

BOX5: **Lowestoft is a town in which county?**
Suffolk (E)
West Midlands (J)
Sussex (P)

BOX6: **Pikachu is a character in which of these media franchises?**
Sonic the Hedgehog (W)
Pokémon (V)
Yu-Gi-Oh! (L)

BOX7: **What is the real first name of US actor Chevy Chase?**
Caius (W)
Christopher (T)
Cornelius (N)

BOX8: **Which actor links the films Dogville and Middle Men?**
James Caan (K)
Paul Bettany (J)
Luke Wilson (B)

BOX9: **What was the name of Zoe Wanamaker's film-maker father?**
Sid (U)
Simon (H)
Sam (E)

BOX10: **Marisa Tomei (pictured) was Oscar-nominated for her role in which 2008 film?**
The Reader (O)
Revolutionary Road (R)
The Wrestler (I)

SPEEDBREAKER TARGET TIME: 17:55

£200 TO BE WON!

Test your codecracking skills against us! We took 17 minutes and 55 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns. **Solutions in Monday's Daily Mirror**

~~A~~ B C D E F G H I J K L M ~~N~~ O P Q R S T U ~~V~~ W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
									A			

14	15	16	17	18	19	20	21	22	23	24	25	26
N											V	

■	22	■	2	■	15	■	■	17	■	12	■	■
7	10	26	22	■	16	5	15	10	16	20	■	2
■	21	■	5	23	9	■	■	6	■	15	5	16
■	20	■	24	■	9	11	4	20	■	17	■	26
24	22	5	11	11	■	9	■	■	■	■	■	11
■	26	■	■	15	17	16	5	23	8	10	3	1
■	1	■	■	18	■	25 V	■	10	■	■	16	■
7	9	16	5	8	5	10 A	12	11	■	■	26	■
9	■	■	■	■	■	14 N	■	4	26	11	15	9
15	■	9	■	3	18	15	9	■	12	■	26	■
15	26	3	■	5	■	■	16	26	4	■	13	■
20	■	17	9	10	25	9	14	■	22	5	18	21
■	■	5	■	19	■	■	9	■	20	■	9	■

Which letter is represented by the number '1' in today's Speedbreaker?

Call **0904 161 1111** (£1.50/call plus network access charge) **or text SPEED and your answer, name, house number (or name) and postcode to 88833** (£1.50/text plus network access charge). Weekly winner printed on Saturday.

SOLUTIONS
Call 0905 789 0006 (80p/min plus network access charge) **for 5 extra letters or the full solution, or text SPEEDCLUE to 64343** (£1/text plus network access charge) **for 5 extra letters. Deduct one minute from the target time for each extra letter used.**

JUST A BIT OF FUN

Which one of our three definitions is correct?

LAPIS

① Worked gold

② A stone

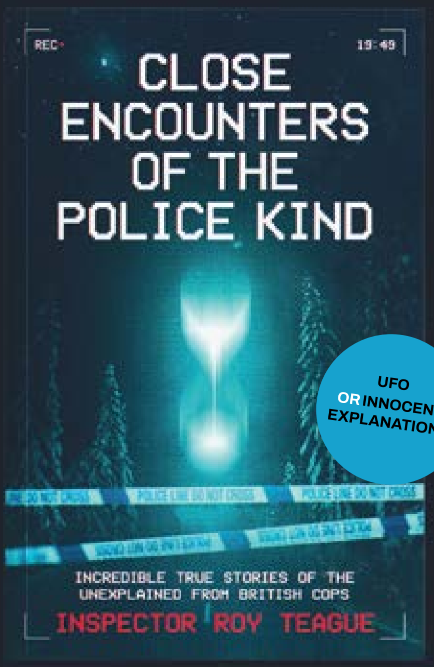
③ Part of a coat

Solutions in tomorrow's Daily Mirror

Scribble pad

TERMS & CONDITIONS: Competition lines close midnight Friday. One winner will be randomly selected from all correct entries between Saturday and midnight Friday. Min age 18+. You may receive free promotional messages, to opt out send NOINFO to the shortcode (ie 88833 or 64343). SP: Spoke Interactive Ltd. Helpdesk 0333 202 3390. Full T&C's at www.mirror.co.uk/rules.

INCREDIBLE TRUE STORIES OF THE UNEXPLAINED FROM BRITISH POLICE


REC
19:49
CLOSE ENCOUNTERS OF THE POLICE KIND
UFO OR INNOCENT EXPLANATION?
POLICE LINE DO NOT CROSS
INCREDIBLE TRUE STORIES OF THE UNEXPLAINED FROM BRITISH COPS
INSPECTOR ROY TEAGUE

AMAZON

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

ARROW WORD

Arrow Words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows. **Solutions in tomorrow's Daily Mirror**

Silly Mottle	↴	Narrow tongue of land going into the sea	↴	Round flat caps	↴	Mineral spring	↴	Root vegetable 11, in German	↴	Castor and Pollux	↴				
↳						Tranquility ►		▼							
Carved figure		Cooking range		_ Dahl, author ►						Debacle					
↳		▼				Adult insect	_ D'Orsay, actor ►			▼					
Practicality	Tall deciduous tree		Deighton, author	Tiny _, Dickens character ►		▼		Immoral act ► Tailless amphibian							
↳	▼		▼				Bangkok resident, e.g. ►	▼							
_ acid, protein building block		US state		Kimono sash	In the past ►				Elegant		Supply with workers Toboggan	↴	Wedding vow (1,2)	Concerning (2,2)	↴
↳		▼		▼	Book by Louisa May Alcott (6,5)		Praises ► Rita _, singer		▼		▼		▼		
Honolulu's state	Out		Long-eared dog ► Line on a graph		▼		▼							Prefix meaning "new"	
↳	▼		▼			Tilling tool		Bath powder		Indian language		Closest bid (1,1,1) ► Delicate		▼	
Ruby _, pictured ►				Covered with straw, as a roof ►		▼		▼		▼		▼	Knot together		Pea container
Sight organs		Interested by ►					Complains		Deodorant can, e.g.		Upon ►		▼		▼
↳				Fast-growing coniferous tree ►			▼		▼					Appear	
				Move through water		Did a perfect serve ►					Be lacking ► Very overweight			▼	
				↳				Tumult ►			▼		_ McIlroy, golfer		Viewed
				Captain Hook's aide		Cow sound ►				Cow shelters ►			▼		▼
				↳				Take to court ►				Mined mineral ►			
				Responsibility		Brazilian city ►				Army officer, informally ►					
				↳				_ Mack, pictured ►				Intense desire ►			

SU-DOKU CORNER

EASY SU-DOKU

	4		9			7		
		6		2	1			5
2				4		1		9
5		7			3		1	
	3		7		6		5	8
	8		4			2		
8				6	4		9	7
3		9	5	7		8		
	1				9		6	

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

SU-DOKU TOUGHIE

	7		8			6		5
3		2			5			
	8		1		6		2	
7		3						
					4			2
	9	1		6				3
2							6	
		6				9		
5				1	9			

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW!

To hear 5 NUMBER CLUES or FULL SOLUTIONS call **0905 789 0004** (80p/min + network access charge) for the **EASY SU-DOKU** or **0905 789 0005** (80p/min + network access charge) for the **SU-DOKU TOUGHIE**. Or text **EASYCLUE** or **TOUGHCLUE** to **64343** (£1/text + std rate message) for **5 CLUES**.

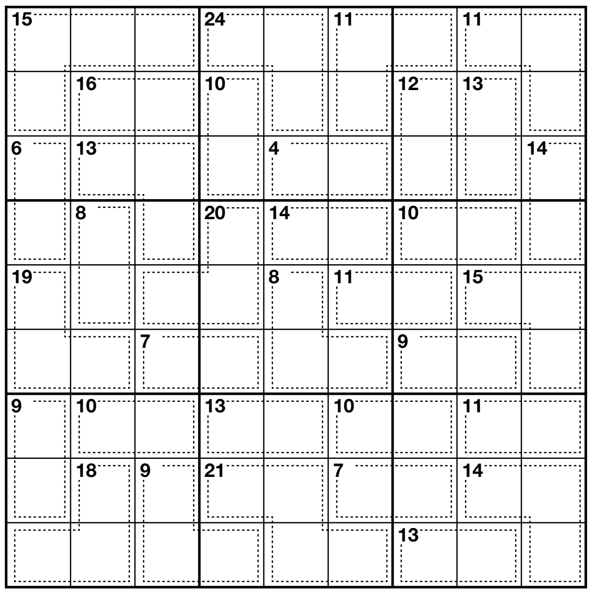
WORDSEARCH

Can you find all the listed puppets in the grid?

P	J	S	B	A	S	I	L	B	R	U	S	H	O	R
M	I	X	O	O	S	E	Z	J	R	U	L	T	O	K
I	Q	N	L	O	U	N	Y	U	J	E	W	X	B	C
S	Z	V	K	G	T	I	D	D	R	J	R	H	P	U
S	I	L	B	Y	T	Y	E	Y	P	U	X	G	X	D
P	D	P	E	V	A	E	S	L	G	G	A	Y	C	E
I	W	T	E	S	R	G	U	Y	P	P	I	Z	B	H
G	N	H	I	M	S	R	O	D	K	E	R	M	I	T
G	B	J	V	F	U	O	M	H	N	Y	E	T	N	D
Y	D	V	Q	N	T	E	R	C	Q	X	D	W	S	D
E	I	N	R	E	T	G	E	N	S	Z	Z	O	S	E
G	U	U	F	T	A	P	G	U	Y	K	R	E	P	X
L	A	V	B	E	R	T	N	P	R	W	S	G	F	P
D	R	I	B	G	I	B	I	E	L	L	I	V	R	O
L	K	C	J	R	Z	H	F	F	U	D	I	B	W	G

BASIL BRUSH
BERT
BIG BIRD
EDD THE DUCK
ERNIE
FINGERMOUSE
GEORGE
JUDY
KERMIT
MISS PIGGY
ORVILLE
PERKY
PINKY
PUNCH
RATTUS RATTUS
SOOTY
SWEEP
ZIPPY

KILLER SU-DOKU



Killer Su-doku is based on the traditional grid and every column, row and 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner. **Solutions in tomorrow's Daily Mirror**

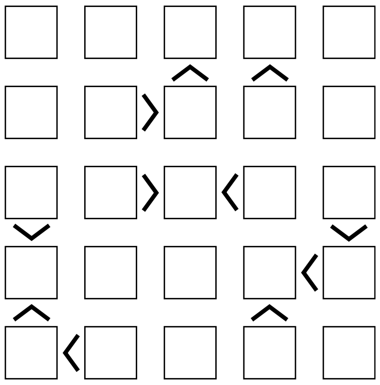
BRICKWORK

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

Solutions in tomorrow's Daily Mirror

1	☐☐☐	Type of lamp
2	☐☐☐☐	Singe
3	☐☐☐☐☐	Fish
4	☐☐☐☐☐☐	Pierce
5	☐☐☐☐☐	Snake
6	☐☐☐☐	Sea creature
7	☐☐☐	Prohibit

FUTOSHIKI



Fit the numbers 1 to 5 in each row and each column, making sure that no number is repeated. The only symbols to guide you are the 'greater than' (>) and 'less than' (<) signs. **Solutions in tomorrow's Daily Mirror**

WORD LADDER

DICE
Rodents ☐
Unit of distance ☐
Small mammal ☐
Unemployment benefit ☐
Child's toy ☐
ROLL

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time. **Solutions in tomorrow's Daily Mirror**

Mirror
Bingo!
Scan to play
WHEN THE FUN STOPS STOP
BeGambleAware.org
18+

Terms & conditions: 18+ full T&Cs apply, visit mirrorbingo.com for more details. www.gambleaware.org

YESTERDAY'S SOLUTIONS

QUIZWORD

ACROSS: 1 Steve, 7 Beaulieu, 8 Heras, 10 Solheim Cup, 12 Tranmere, 14 Spey, 16 Sumo, 17 Arpeggio, 20 Ailsa Craig, 23 Simon, 24 Overload, 25 Henty.
DOWN: 1 Schist, 2 Vaas, 3 Leah, 4 Audie, 5 Disco Pigs, 6 Murphy, 9 Somme, 11 Max Miller, 13 RUR, 15 Lewis, 16 Shadow, 18 O Henry, 19 Tabla, 21 Rial, 22 Gide.

CROSSWORD

ACROSS: 1 Obese, 7 Dinosaur, 8 Havoc, 10 Boneshaker, 12 Dialogue, 14 Pant, 16 Sack, 17 Reminder, 20 Definitive, 23 Evens, 24 Toreador, 25 Fleet.
DOWN: 1 On hold, 2 Slob, 3 Wide, 4 Moths, 5 Backwards, 6 Dry rot, 9 Cocoa, 11 Catch fire, 13 Use, 15 Sieve, 16 Sedate, 18 Russet, 19 In-law, 21 Trot, 22 Evil.

TWO-SPEED COFFEEBREAK

ACROSS: 1 Showpiece, 8 Abode, 10 Prise, 12 Den, 13 Aim, 14 Toss, 15 Accent, 16 Pesto, 18 Sedans, 20 Them, 22 Rid, 23 Ate, 24 Stare, 25 Ladle, 26 Retriever.
DOWN: 2 Hoods, 3 When, 4 Impact, 5 Crime, 6 Fantasist, 7 September, 9 Despair, 11 Ricotta, 15 Ass, 17 Endear, 19 Drake, 21 Hedge, 23 Aloe.

NAME GAME

MILEY CYRUS
1L, 2Y, 3S, 4U, 5Y, 6I, 7R, 8E, 9C, 10M.

30-SEC BRAIN TEASER

Beginner 57, Intermediate 137, Advanced 7.

MIRRORGRAM

GEOLOGICAL

JUST A BIT OF FUN

3 A hypothetical substance

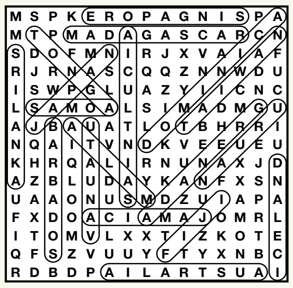
WORD LADDER

Cube, Cure, Core, Fore, Fort, Foot, Root

BRICKWORK

Die, Ride, Fired, Friend, Diner, Rind, Din.

WORDSEARCH



M	S	P	K	E	R	O	P	A	G	N	I	S	P	A
M	T	P	M	A	D	A	G	A	S	C	A	R	C	N
S	D	O	F	M	N	I	R	J	X	V	A	I	A	F
R	J	R	N	A	S	C	Q	Q	Z	N	N	W	D	U
I	S	W	P	G	L	U	A	Z	Y	I	I	C	N	C
L	S	A	M	O	A	L	S	I	M	A	D	M	G	U
A	J	B	A	U	A	T	L	O	T	B	H	R	R	I
N	Q	A	I	T	V	N	D	K	V	E	E	U	E	U
K	H	R	Q	A	L	I	R	N	U	N	A	X	J	D
A	Z	B	L	U	D	A	Y	K	A	N	F	X	S	N
U	A	A	O	N	U	S	M	D	Z	U	I	A	P	A
F	X	D	O	A	C	I	A	M	A	J	O	M	R	L
I	T	O	M	V	L	X	X	T	I	Z	K	O	T	E
Q	F	S	Z	V	U	U	Y	F	T	Y	X	N	B	C
R	D	B	D	P	A	I	L	A	R	T	S	U	A	I

WEDNESDAY'S SPEEDBREAKER

1=E, 2=T, 3=H, 4=V, 5=R, 6=G, 7=U, 8=P, 9=F, 10=L, 11=W, 12=X, 13=O, 14=A, 15=I, 16=J, 17=K, 18=S, 19=N, 20=B, 21=D, 22=M, 23=C, 24=Q, 25=Z, 26=Y.

EASY SU-DOKU

5	3	7	9	8	1	4	6	2
4	1	8	2	3	6	7	9	5
9	2	6	7	5	4	8	3	1
6	4	5	1	2	7	3	8	9
8	9	2	4	6	3	1	5	7
1	7	3	5	9	8	6	2	4
7	6	9	8	1	5	2	4	3
2	8	1	3	4	9	5	7	6
3	5	4	6	7	2	9	1	8

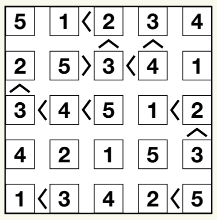
SU-DOKU TOUGHIE

3	9	2	7	6	4	1	8	5
4	5	1	2	8	9	6	3	7
6	8	7	3	1	5	2	4	9
2	4	9	5	3	1	8	7	6
7	3	6	4	9	8	5	1	2
8	1	5	6	7	2	3	9	4
1	7	4	8	5	6	9	2	3
9	6	3	1	2	7	4	5	8
5	2	8	9	4	3	7	6	1

KILLER SU-DOKU

1	4	9	8	2	5	6	3	7
6	2	5	7	1	3	4	9	8
8	7	3	6	4	9	5	1	2
4	8	7	9	6	1	2	5	3
9	3	1	5	8	2	7	6	4
2	5	6	3	7	4	9	8	1
7	6	4	1	9	8	3	2	5
3	1	2	4	5	6	8	7	9
5	9	8	2	3	7	1	4	6

FUTOSHIKI



5	1	2	3	4
2	5	3	4	1
3	4	5	1	2
4	2	1	5	3
1	3	4	2	5

ARROW WORD

	H		P		V		A		S		U				
D	E	N	O	T	E		L	E	W	I	S				
	N		S		R	O	B		E		H				
A	S	T	H	M	A		S	E	D	G	E				
		U		A	N	T		R	E	A	R				
L	O	M	O	N	D		E	N	N	U	I				
	N		F	L	A	I	L	S		G	N	U		U	
M	E	R	C	Y		N	U	T	M	E	G		A	S	S
	O		O		A	N	D		E			D	I	A	L
A	R	G	U	E	S		E	A	G	E	R		S		E
	T	A	R		P	E	D	L	A	R		C	L	U	E
S	W	I	S	H		E		I		R	A	R	E	S	T
	O	L	E		B	L	A	B		O	N	E		E	
					R		M	I	L	L	I	P	E	D	E
				C	O	U	P				M	E	N		M
					S		H	O	O	H	A		S	I	P
				I	N	B	O	R	N		T	W	I	R	L
					A		R	E	C	T	O		G	O	O
				I	N	C	A	S	E		R	U	N	N	Y

Any queries? Email puzzles@reachplc.com

IN THE DAILY MIRROR EVERY SATURDAY THERE'S £250 TO BE WON IN OUR BIG NAME PRIZE CROSSWORD

THE ALPHABEATER

TARGET TIME:
32 minutes

Can you crack the Alphabeater? Each grid number represents a letter – or black square. As in the Speedbreaker, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.

Solutions in Monday's Daily Mirror

Check the solutions now! Call **0905 789 0011** (80p/min) for 6 extra letters or the full solution, or text **BEATCLUE** to **64343** (£1/text) for 6 extra letters. Deduct three minutes from the target time for each clue letter heard.

A B ~~C~~ D E F G H I J ~~K~~ L M N O P Q R S T U V W X Y ~~Z~~

33	10	2	20	4	39	12	26	16	2	25	18	1
24	38	9	6	24	29	33	16	1	13	27	38	2
23	2	39	11	40	18	3	24	9	40	39	25	13
2	31	18	21	2	36	21	28	3	39	33	32	39
17	39	26	11	37	26	22	10	26	14	28	37	18
2	1	13	32	6	13	38	26	30	39	29	36	24
29	34	5	34	16	2	30	19	39	18	18	5	6
35	10	31	28	3	17	29	39	31	15	40	30	12
28	8	28	25	2	27	39	25	24	9	39	37	2
4	30	10	35	15	17	3	21	23	36	34	6	25
24	25	28	28	8	2	15	23	39	34	19	2	18
18	3	31	39	27	26	38	32	9	1	2	27	24
21	22	4	25	39	7	39	34	2	25	18	32	15

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		■					Z											K	

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
										■			C						

SUDOKU X

Put the numbers 1 to 9 once in each row, column, diagonal (highlighted to form an X) and 3x3 box (ruled).

Solutions in Monday's Daily Mirror

	4		6		1			
7						8		4
			4		8			
8		2		3				
			1			2		3
4		1						
	7			5				
							6	5
	5			6			7	

NUMBER GAMES

NUMBER JIG

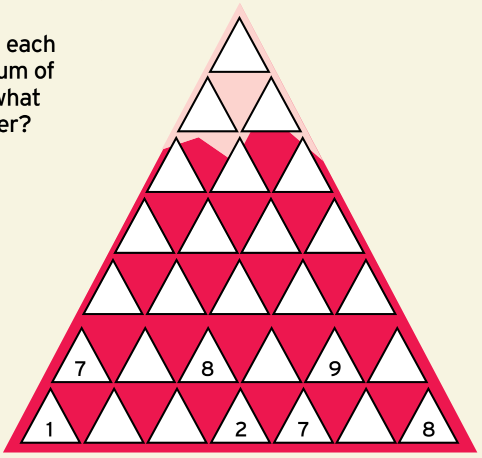
Which one of the listed numbers won't fit in this mini grid? **Solutions in Monday's Daily Mirror**

2323
2334
2342
4232
4323

4	■		■
	■		■

SUPER SUMMIT

If the number in each triangle is the sum of the two below, what is the top number? **Solutions in Monday's Daily Mirror**



SEQUENCE

What is the next number in the sequence? **Solutions in Monday's Daily Mirror**

172763 → **15705** → **1427** → **129** →

PYRAMID

Starting with the single letter at the top, add a new letter and rearrange to form a new word at each stage until you reach the word at the bottom. There may be more than one solution. **Solutions in Monday's Daily Mirror**

O

P E R S O N A G E

YESTERDAY'S SOLUTIONS

THE ALPHABEATER

ACROSS: Price, Index, Forum, Plurality, Bid, Bylaw, Tofu, Sake, Jinks, Ebb, Godfather, Scout, Hacks, Whizz.

DOWN: Proviso, Topaz, Bug, Comply, Cause, Squeamishly, Rival, Kirsch, Ass, Jetty, Kibbutz.

PYRAMID

One way is I, in, gin, sing, rings, string, staring, starling, startling.

NUMBER JIG

2321

SUPER SUMMIT

312

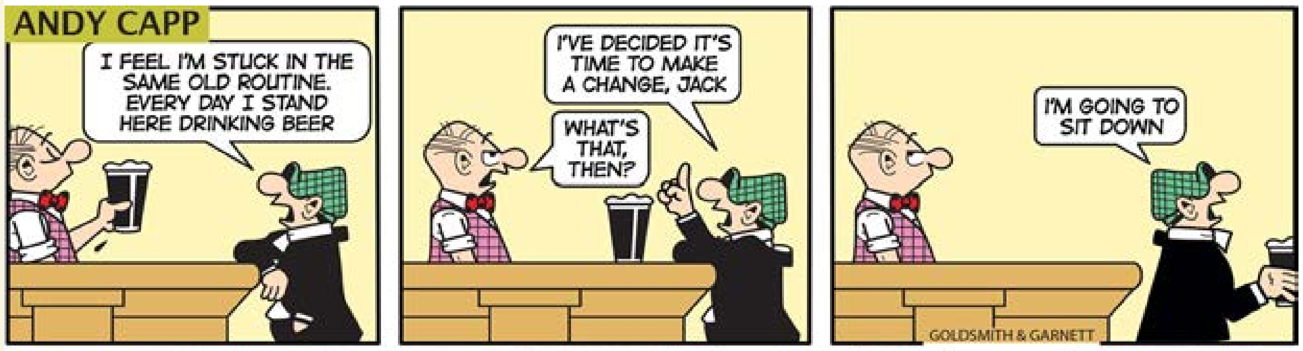
SEQUENCE

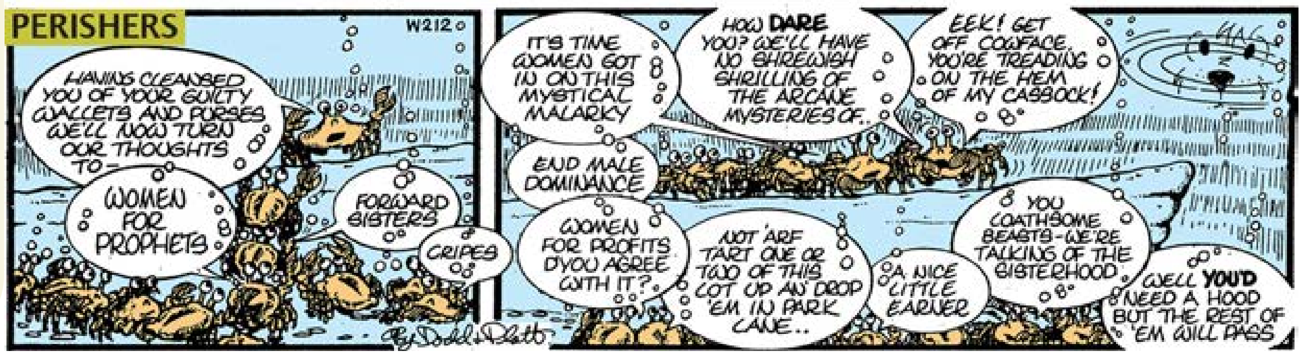
15 (-6, /8)

SUDOKU X

4	7	3	1	6	2	9	5	8
1	9	6	8	5	3	2	4	7
5	8	2	9	4	7	6	1	3
2	6	4	5	3	9	7	8	1
8	5	1	6	7	4	3	9	2
7	3	9	2	8	1	4	6	5
9	2	5	3	1	6	8	7	4
6	1	7	4	2	8	5	3	9
3	4	8	7	9	5	1	2	6

CARTOONS


ANDY CAPP
I FEEL I'M STUCK IN THE SAME OLD ROUTINE. EVERY DAY I STAND HERE DRINKING BEER
I'VE DECIDED IT'S TIME TO MAKE A CHANGE, JACK
WHAT'S THAT, THEN?
I'M GOING TO SIT DOWN
GOLDSMITH & GARNETT


PERISHERS
W212
HAVING CLEANSED YOU OF YOUR GUILTY WALLETS AND PURSES WE'LL NOW TURN OUR THOUGHTS TO–
WOMEN FOR PROPHETS
FORWARD SISTERS
CRIPES
IT'S TIME WOMEN GOT IN ON THIS MYSTICAL MALARKY
HOW DARE YOU? WE'LL HAVE NO SHREWISH SHRILLING OF THE ARCANE MYSTERIES OF..
EEK! GET OFF COWFACE, YOU'RE TREADING ON THE HEM OF MY CASSOCK!
END MALE DOMINANCE
WOMEN FOR PROFITS D'YOU AGREE WITH IT?
NOT 'ARF TART ONE OR TWO OF THIS LOT UP AN' DROP 'EM IN PARK LANE..
A NICE LITTLE EARNER
YOU LOATHSOME BEASTS–WE'RE TALKING OF THE SISTERHOOD
WELL YOU'D NEED A HOOD BUT THE REST OF 'EM WILL PASS
By Dodd + Pletts